

AIR FRYER FROZEN RECIPES

More Than **150** Effortless
And Delicious Air Fryer
Frozen Recipes For Beginners
And Advanced Users

A photograph of a white rectangular plate filled with several golden-brown, crispy fried spring rolls. To the left of the plate is a small white bowl containing a thick, white dipping sauce. The background is a light-colored, textured surface.

OLIVIA NATASHA

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FRYER FROZEN RECIPES FOR BEGINNERS AND
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Introduction

Before we get started with delicious, mouthwatering recipes, you need to understand what the air fryer is and how it works. The air fryer uses hot air in order to cook food so that you can use less oil. Most appliances rely on traditional cooking instructions like conducting heat, but the air fryer goes against the trend. The air is the magic. It sucks in the air into the intake chamber and then cranks up the heat, raising the temperature of the air inside. The air is then passed through cooking cells where your meal is prepared. This can also be referred to as rapid air technology. The appliance cooks your meal and limits the amount of oil used by circulating that air around the food. The air keeps the heat instead of the oil!

Air Fryer Components

If you're new to the air fryer, then the parts may be a bit confusing at first glance.

- **Cooking Chamber:** This is the part of your air fryer where your food will actually be placed to cook. The chamber will vary slightly from brand to brand. Some have normal cook baskets, and some have walled cook baskets.
- **Heating Element:** This is the coil inside the fryer that will produce heat once electricity passes through it. The heating element will reach the desired temperature and then air is passed through the coil. The air heats up as it's passed through.
- **Fan & Grill:** This is what circulates the superheated air to cook your food.
- **Exhaust System:** This is where excess pressure is released so that no harmful buildup occurs. Most modern air fryers will also include a filter to get rid

of dirt, which can keep unpleasant odors from building up in your air fryer.

- Food Tray: Depending on your air fryer, this may have boundary walls built within so that you can cook multiple dishes at once, and others have a handle that allow you to remove the tray with ease.

Some Common Features

Different air fryer brands will have different features, but there are some common air fryer features out there. Here are the basics but be sure to read your manual to get to know your air fryer even better.

- Assorted Cook Presets: There are usually multiple pre-set cook settings, so you won't always have to worry about setting the right temperature. If you want to know the exact settings and parameters that your air fryer has, you'll find this information in your manual. These pre-settings can make using your air fryer so much easier.
- Automated Temperature Control: This will keep the temperature levels steady through the entire cooking session.
- Touch Panel/Digital Screen: This allows you to control your device without any hassle.
- Buzzer: This will let you know when the time is up so that you don't have to stand in the kitchen just to make sure that your food doesn't burn.

Some Benefits

There are many benefits to the air fryer. The biggest and most well-known is that you reduce your oil intake by about eight percent, but here are a few more!

- They're easy to use and clean, so you don't have to worry about making a mess.

- You can improve your health and reach weight loss goals by cooking almost completely oil free meals.
- The air fryer will speed up your cooking time so you can provide healthy meals for your family without having to slave away in the kitchen.

Some Common Mistakes

Mistakes happen, but if you know the most common mistakes with the air fryer, then your adjustment period will take a little less time.

- **Not Giving it Room:** Your air fryer needs room to breathe. Make sure that it isn't in cramped spaces or corners, or it simply won't work as well as it should.
- **Keeping it Plugged in:** The air fryer takes very little time to heat up, so you shouldn't keep it connected when it isn't in use.
- **Using Dark Trays & Dishes:** You don't want to use dark colored dishes or trays because dark material will absorb more heat. You'll be more likely to burn your food or experience uneven cooking.
- **Not Soaking Properly:** If you want help cleaning your air fryer, soak the compartments you need to clean in mild dish detergent and warm water so that cleaning is a breeze.
- **Scratching it During Cleaning:** You'll want to use simple sponges or clothes on the metal parts so that you don't scratch your air fryer up.

Steps to Use Your Air Fryer

Here are some basic steps to use your air fryer!

- **Step 1:** If you're using oil, lightly spray the food or basket with oil. This will keep food from

sticking. However, rubbing it down is recommended since some cooking sprays can cause damage to your nit.

- Step 2: Even if you're using oil, you'll still need to pat dry excess liquid to keep your air fryer from smoking when cooking.
- Step 3: You'll have to shake your food gently after five minutes to cook evenly.
- step 4: This is the easiest step. You'll just need to follow directions according to your meal.
- Step 5: transfer your prepared food to the cook basket, following your recipe instructions. If you're baking a cake, you'll need to pour your batter into a sperate dish before placing it on your cook tray.
- Step 6: You'll need to set your temperature and timer. Cook times are a guide, but it may not work best for every recipe.
- Step 7: You'll have to clean your oil catch frequently for the best air frying results.

Chapter 1: Breakfast Recipes

Blueberry Breakfast Cobbler

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

$\frac{1}{3}$ cup whole-wheat pastry flour

$\frac{3}{4}$ teaspoon baking powder

Dash sea salt

$\frac{1}{2}$ cup 2% milk

2 tablespoons pure maple syrup

½ teaspoon vanilla extract

Cooking oil spray

½ cup fresh blueberries

¼ cup Granola, or plain store-bought granola

Directions:

Whisk flour, baking powder, and salt. Add the vanilla, maple syrup, and milk then gently whisk, just until thoroughly combined.

Preheat the unit by selecting BAKE, setting the temperature to 350°F, and setting the time to 3 minutes. Select START STOP to begin.

Spray a 6-by-2-inch round baking pan with cooking oil and pour the batter into the pan. Top evenly with the blueberries and granola.

Once the unit is preheated, place the pan into the basket.

Select BAKE, set the temperature to 350°F, and set the time to 15 minutes. Select START STOP to begin.

When the cooking is complete, the cobbler should be nicely browned and a knife inserted into the middle should come out clean. Enjoy plain or topped with a little vanilla yoghurt.

VARIATION TIP: You can make this easy and decadent recipe with other fruits if you'd like. Try a mix of raspberries and sliced strawberries or add blackberries to the blueberries. Any combination of berries is delicious. Or, change the fruit wholly based on what's in season.

Nutrition:

Calories: 112

Total fat: 1g

Saturated fat: <1g

Cholesterol: 3mg

Sodium: 69mg

Carbohydrates: 23g

Fiber: 2g

Protein: 3g

Granola

Preparation Time: 5 minutes

Cooking Time: 40 minutes

Servings: 2 Cups

Ingredients:

1 cup rolled oats

3 tablespoons pure maple syrup

1 tablespoon sugar

1 tablespoon neutral-flavored oil, such as refined coconut, sunflower, or safflower

$\frac{1}{4}$ teaspoon sea salt

$\frac{1}{4}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon vanilla extract

Directions:

Put the crisper plate into the basket then into the unit. Preheat by selecting BAKE, setting the temperature to 250°F, and setting the time to 3 minutes. Select START STOP to begin.

Stir together the oats, maple syrup, sugar, oil, salt, cinnamon, and vanilla until thoroughly combined. Transfer the granola to a 6-by-2-inch round baking pan.

Once the unit is preheated, place the pan into the basket. Select BAKE, set the temperature to 250°F and set the time to 40 minutes. Select START STOP to begin.

After 10 minutes, stir the granola well. Resume cooking, stirring the granola every 10 minutes, for a total of 40 minutes, or until the granola is lightly browned and mostly dry.

When the cooking is complete, place the granola on a plate to cool. It will become crisp as it cools. Store the totally cooled granola in an airtight container in a cool, dry place for 1 to 2 weeks.

VARIATION TIP: You can change this recipe to include some of your favorite granola ingredients, such as dried fruits, different types of nuts, and even goodies such as chocolate chips. Stir them in after the granola is done, but before it's completely cool.

Nutritional Values (Amount per Serving ½ cup):

Calories: 165

Total fat: 5g

Saturated fat: 1g

Cholesterol: 0mg

Sodium: 120mg

Carbohydrates: 27g

Fiber: 2g;

Protein: 3g

Chilli Cream Soufflé

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

Chopped fresh parsley.

Cream, 4 tbsps.

Salt.

Large red chilli pepper, ¼ tsp.

Free-range eggs, 4.

Pepper.

Directions:

Preheat your air fryer to 390 °F and grease some ramekin dishes.

Take a large bowl and add the eggs, whisking well to combine.

Add the cream, parsley and chilli and stir well to combine.

Transfer the egg mixture into the ramekin dishes up to about halfway.

Pop into the air fryer and cook for 10 minutes until perfect.

Serve and enjoy.

Nutrition:

Calories: 127

Carbs: 3g

Protein: 10g

Fat: 7g

Cheese and Bacon Breakfast Bombs

Preparation Time: 10 minutes

Cooking Time: 5 minutes

Servings: 2

Ingredients:

Chopped fresh chives, 1 tbsp.

Softened cream cheese, 1 oz.

Cooking spray

Lightly beaten large eggs, 3.

Centre-cut bacon slices, 3.

Low carb pizza dough, 4 oz.

Directions:

Pop a pan over medium heat and cook the bacon for ten minutes until crisp.

Remove from the heat and crumble, then pop to one side.

Stir the eggs to the pan and cook until set. Remove from the heat.

Place the eggs into a bowl with the cream cheese, chives and bacon.

Preheat your air fryer to 350°F.

Next take the pizza dough and carefully cut it into four pieces.

Roll each piece into a circle.

Place $\frac{1}{4}$ of the egg mixture into the middle and fold over the sides of the dough to meet in the middle.

Pop into the air fryer and cook for 5 minutes until perfectly cooked.

Nutrition:

Calories: 305

Carbs: 23g

Protein: 19g

Fat: 15g

Sausage with Eggs

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Servings: 2

Ingredients:

4 breakfast sausage

2 hard-boiled eggs, peeled

1 avocado, peeled, pitted and sliced

Directions:

Arrange the sausages in the rotisserie basket and attach the lid.

Arrange the drip pan in the bottom of Instant Vortex Plus Air Fryer Oven cooking chamber.

Select “Roast” and then adjust the temperature to 375 degrees F.

Set the timer for 6 minutes and press the “Start”.

When the display shows “Add Food” arrange the rotisserie basket, on the rotisserie spit.

Then, close the door and touch “Rotate”.

When cooking time is complete, press the red lever to release the rod.

Remove from the Vortex and place the sausages onto serving plates.

Divide eggs and avocado slices onto each plate and serve.

Nutrition:

Calories 322

Total Fat 28.5 g
Saturated Fat 6.9 g
Cholesterol 177 mg
Sodium 187 mg
Total Carbs 9 g
Fiber 6.7 g
Sugar 0.8 g
Protein 10.6 g

Spinach Lasagna Rolls

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 4

Ingredients:

15 oz. ricotta cheese
½ cup Parmesan cheese
1 cup spinach, chopped
4 cloves of garlic, minced
1 cup of water
1 egg, beaten lightly
8 cooked lasagna noodles
1-1/4 cups of pasta sauce
¼ teaspoon black pepper
½ teaspoon salt

Directions:

Pour water into your pot.

Bring together the spinach, ricotta, garlic, ¼ cup Parmesan, salt, pepper, and egg in a bowl. Mix well.

Spread pasta sauce in your pan and lay the cooked noodles and spread the ricotta filling on top.

Roll the noodles lengthwise and keep inside the pan. Spread the remaining sauce over the lasagna rolls and sprinkle the remaining Parmesan cheese.

Use foil to cover your pan and lower it into your pot carefully.

Close the lid and cook for 12 minutes. Release pressure once done. Unlock the lid and remove the foil.

Serve.

Nutrition:

Calories 483

Carbohydrates 51g

Total Fat 19g

Protein 27g

Fiber 4g

Air Fried Mac and Cheese

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1 cup elbow macaroni

1 2 cup broccoli

1 2 cup warmed milk

1 and 1 2 cheddar cheese, grated

Salt and pepper to taste

1 tablespoon parmesan cheese, grated

Directions:

Preheat your Fryer to 400 degrees F in “AIR FRY” mode

Take a pot and add water, allow it to boil

Add macaroni and veggies and broil for about 10 minutes until the mixture is Al Dente

Drain the pasta and vegetables

Toss the pasta and veggies with cheese

Season with some pepper and salt and transfer the mixture to your Fryer

Sprinkle some more parmesan on top and cook for about 15 minutes.

Let it chill for around 10 minutes once done.

Enjoy!

Nutrition:

Calories: 180 kcal,

Carbohydrates: 14 g,

Fat: 11 g,

Protein: 6 g.

Salsa Eggs

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

½ green bell pepper, chopped

½ red bell pepper, chopped

2 eggs, whisked

1 tablespoon mild salsa

Cooking spray

½ tablespoon chives, chopped

Salt and black pepper, to taste

¼ cup cheddar cheese, grated

Directions:

Grease 2 ramekins with cooking spray and divide the bell peppers into each.

In a bowl, mix the eggs with the salsa, chives, salt, and pepper and whisk well.

Divide the egg mixture between each ramekin and sprinkle the cheese on top.

Preheat the air fryer at 360F. Arrange the ramekins in the frying basket.

Cook for 20 minutes at 360F.

Serve.

Nutrition:

Calories: 142

Fat: 9.4g

Carb: 5.4g

Protein: 9.8g

Banana Oats

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

1 cup old fashioned oats
½ teaspoon baking powder
2 tablespoons sugar
½ teaspoon vanilla extract
1 banana, peeled and mashed
½ cup milk
½ cup heavy cream
1 egg, whisked
1 tablespoon butter
Cooking spray

Directions:

In a bowl, mix the oats with the baking powder, sugar, and other ingredients except for the cooking spray and whisk well. Divide the mixture into 2 ramekins.

Grease the air fryer with cooking spray and preheat at 340F.

Place the ramekins in the air fryer and cook for 20 minutes.

Serve.

Nutrition:

Calories: 533

Fat: 25.8g

Carb: 57.9g

Protein: 11.5g

Mixed Berry Muffins

Preparation Time: 15 minutes

Cooking Time: 12 to 17 minutes per batch

Servings: 8

Ingredients:

1 $\frac{1}{3}$ cups with 1 tablespoon all-purpose flour, divided

$\frac{1}{4}$ cup granulated sugar

2 tablespoons light brown sugar

2 teaspoons baking powder

2 eggs

$\frac{2}{3}$ cup whole milk

$\frac{1}{3}$ cup safflower oil

1 cup mixed fresh berries

Directions:

Stir together 1 $\frac{1}{3}$ cups of flour, granulated sugar, brown sugar, and baking powder until mixed well in a medium bowl.

Whisk the eggs, milk, and oil until mixed.

Stir egg mixture into the dry ingredients till combined.

In another bowl, toss the mixed berries with the remaining 1 tablespoon of flour until coated. Gently stir the berries into the batter.

Double up 16 foil muffin cups into 8 cups.

Insert crisper plate into the basket and the basket into the unit. Preheat the unit by selecting BAKE, setting the temperature to 315°F, and setting the time to 3 minutes. Select START STOP to begin.

Once the unit is preheated, place 4 cups into the basket and fill each three-quarters full with the batter.

Select BAKE, set the temperature to 315°F, and set the time for 17 minutes. Select START STOP to begin.

After about 12 minutes, check the muffins. If they spring back when touched with your finger, they are done. If not, resume cooking.

When the cooking is done, transfer the muffins to a wire rack to cool.

Repeat steps 6 to 8 plus the remaining muffin cups and batter.

Let the muffins chill for 10 minutes before serving.

INGREDIENT TIP: You can use frozen berries in this recipe, but don't thaw them before use. If frozen berries are thawed before they are added to the batter, they will make the batter too wet, and the berries may turn the muffins an unusual color.

Nutrition:

Calories: 230

Total fat: 11g

Saturated fat: 2g

Cholesterol: 43mg

Sodium: 26mg

Carbohydrates: 30g

Fiber: 1g

Protein: 4g

Homemade Strawberry Breakfast Tarts

Preparation Time: 15 minutes

Cooking Time: 10 minutes per batch

Servings: 6

Ingredients:

2 refrigerated pie crusts

½ cup strawberry per serving

1 teaspoon cornstarch

Cooking oil spray

½ cup low-fat vanilla yogurt

1-ounce cream cheese, at room temperature

3 tablespoons confectioners' sugar

Rainbow sprinkles, for decorating

Directions:

Put the pie crusts on a flat surface. Use a knife or pizza cutter to cut each pie crust into 3 rectangles, for 6 totals. Discard any unused dough from the pie crust edges.

In a small bowl, stir together the preserving and cornstarch. Mix well, ensuring there are no lumps of cornstarch remaining.

Scoop 1 tbsp. of strawberry mixture onto the top half of each piece of pie crust.

Fold the bottom of each piece up to enclose the filling. Press along the edges of each tart to seal using the back of a fork.

Put the crisper plate into the basket and the basket into the unit. Preheat the unit by selecting BAKE, setting the temperature to 375°F, and setting the time to 3 minutes. Select START STOP to begin.

After the unit is preheated, spray the crisper plate with cooking oil. Working in batches, spray the breakfast tarts with cooking oil and place them into the basket in a single layer. Do not stack the tarts.

Select BAKE, set the temperature to 375°F, and set the time to 10 minutes. Select START STOP to begin.

When the cooking is complete, the tarts should be light golden brown. Let the breakfast tarts cool fully before removing them from the basket.

Repeat steps five to eight for the remaining breakfast tarts.

Stir together the yogurt, cream cheese, and confectioners' sugar. Spread the breakfast tarts with the frosting and top with sprinkles.

COOKING TIP: Check on the tarts after 7 or 8 minutes to ensure they are not too crisp. For softer breakfast tarts, allow them to cook until they turn light brown. For crispier tarts, cook until they are golden brown.

Nutrition:

Calories: 408

Total fat: 20.5g

Saturated fat: 9g

Cholesterol: 6mg

Sodium: 400mg

Carbohydrates: 56g

Fiber: 0g

Protein: 1g

Everything Bagels

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

½ cup self-rising flour, plus more for dusting

½ cup plain Greek yogurt

1 egg

1 tablespoon water

4 teaspoons everything bagel spice mix

Cooking oil spray

1 tablespoon butter, melted

Directions:

Use a wooden spoon in a large bowl to stir together the flour and yogurt until a tacky dough forms. Transfer the dough to a quite floured work surface and roll the dough into a ball.

Cut the dough into two pieces. Roll each piece into a log. Form each log into a bagel shape, pinching the ends together.

Whisk the egg and water. Brush the egg wash on the bagels.

Sprinkle 2 tsp of the spice mix on each bagel and gently press it into the dough.

Place the crisper plate into the basket and the basket into the unit. Preheat the unit by selecting BAKE, setting the temperature to 330°F, and setting the time to 3 minutes. Select START STOP to begin.

After the unit is preheated, spray the crisper plate with cooking spray. Drizzle the bagels with the butter and place them into the basket.

Select BAKE, set the temperature to 330°F, and set the time to 10 minutes. Select START STOP to begin.

When the cooking is complete, the bagels should be lightly golden on the outside. Serve warm.

SUBSTITUTION TIP: You can make your everything bagel spice mix. In an airtight container, combine 4 tablespoons sesame seeds, 3 tablespoons poppy seeds, 2 tablespoons

dehydrated minced onion, 1 teaspoon garlic powder, and 1 teaspoon salt. Store at room temperature.

Nutrition:

Calories: 271

Total fat: 13g

Saturated fat: 6g

Cholesterol: 117mg

Sodium: 803mg

Carbohydrates: 28g

Fiber: 1g

Protein: 10g

Jalapeno Popper Egg Cups

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

4 eggs

¼ cup pickled jalapenos, chopped

2 ounces full-fat cream cheese

½ cup shredded sharp cheddar cheese

Directions:

Beat the eggs in a bowl, then pour into four silicon muffin cups.

In a bowl, add cream cheese, jalapenos, and cheddar.

Microwave for 30 seconds and stir.

Take about ¼ of the mixture and place it in the center of one egg cup.

Repeat with the remaining mixture.

Place egg cups into the air fryer basket.

Cook at 320F for 10 minutes.

Serve.

Nutrition:

Calories: 354

Fat: 25.3g

Carb: 2g

Protein: 21g

Chorizo Egg Casserole

Preparation Time: 15 minutes

Cooking Time: 70 minutes

Servings: 8

Ingredients:

3 cups hash brown potatoes, frozen and cubed

1 lb. fresh chorizo

1 medium onion, diced

2 garlic cloves, minced

$\frac{3}{4}$ cup sweet red pepper, chopped

5 eggs

4 oz. can chop green chilies

1 $\frac{1}{2}$ cups half-and-half cream

2 teaspoons chili powder

1 cup cheddar cheese, shredded

1 cup Monterey Jack cheese, shredded

3 tablespoons cilantro, minced

Directions:

Crumble and cook chorizo in a skillet over medium-high heat for 7 minutes. Drain well.

Cook onion, potatoes, and pepper in the skillet for 7 minutes, then add garlic and cook for 1 minute. Remove from heat and add chorizo—Cook for 15 minutes.

Whisk green chilies, eggs, cream, and chili powder in a bowl. Add half of the chorizo mixture, cheeses, and egg mixture to a greased baking dish and spread well.

Add 1 tablespoon cilantro on top. Top with remaining eggs and chorizo. Add remaining cheese and 1 tablespoon cilantro. Refrigerate overnight.

Set the air fryer oven to 350 F and the time to 40 minutes.

Let rest for 10 minutes. Add remaining cilantro on top. Serve.

Nutrition:

Calories 461

Fat 34 g

Carbs 10 g

Protein 25 g

Hacienda Hash Browns

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 8

Ingredients:

1 onion, chopped

2 tablespoons butter

1 red pepper, chopped
1 garlic clove, minced
6 eggs
1 ¼ cups tortilla chips, crushed
3 tablespoons cilantro, minced
½ teaspoon ground cumin
1 ⅔ cups cheddar cheese, shredded
6 cups hash brown potatoes, thawed and shredded
1 cup 4% cottage cheese
⅔ cup canned black beans, rinsed and drained
½ cup pepper jack cheese, shredded
½ teaspoon salt
¼ teaspoon pepper

Directions:

Heat butter in a skillet over medium heat. Add red pepper and onion and cook for 4 minutes. Add garlic and cook for 1 minute. Remove from heat and let it cool.

Add ¾ cup crushed tortilla chips to a greased baking dish. Whisk eggs, cumin, cilantro, salt, and pepper in a bowl.

Add hash browns, cottage cheese, 1 cup cheddar cheese, black beans, onion mixture, and pepper jack cheese. Add over the chips.

Set to 350 F and the time to 45 minutes.

Add remaining tortilla chips and cheddar cheese on top—
Bake for 10 minutes. Serve.

Nutrition:

Calories 341

Fat 20 g

Carbs 24 g

Protein 18 g

Ham Strata

Preparation Time: 15 minutes

Cooking Time: 35 minutes

Servings: 8

Ingredients:

2 onions, quartered and sliced

1 teaspoon olive oil

$\frac{3}{4}$ cup green pepper, julienned

$\frac{3}{4}$ cup sweet red pepper, julienned

1 loaf French bread, cut into $\frac{1}{2}$ " cubes

1 cup Monterey Jack cheese, shredded

1 $\frac{1}{2}$ cups fully cooked ham, cubed

6 eggs

2 cups 2% milk

$\frac{1}{4}$ teaspoon salt

$\frac{1}{2}$ teaspoon pepper

Directions:

Heat-up oil in a skillet over medium-high heat. Cook peppers and onion until tender. Grease a baking pan with cooking spray.

Layer half of onion mixture, bread cubes, ham, and cheese on it. Repeat layers.

Whisk milk, eggs, pepper, and salt and add over the layers. Refrigerate overnight.

Set the air fryer oven temperature to 350 F and the time to 35 minutes. Serve.

Nutrition:

Calories 393

Fat 16 g

Carbs 38 g

Protein 23 g

Hash Brown Maple Sausage Casserole

Preparation Time: 15 minutes

Cooking Time: 60 minutes

Servings: 8

Ingredients:

2 tablespoons olive oil

1 lb. maple pork sausage

½ cup sweet potato, peeled and cubed

30 oz. pack frozen shredded hash brown potatoes, thawed

1 ½ cups Gruyere cheese, shredded

2 cups kale, chopped

5 large eggs, lightly beaten

¾ cup fresh corn

2 cups half-and-half cream

1 teaspoon salt

½ teaspoon pepper

Directions:

Cook sweet potato and sausage in a skillet over medium-high heat for 7 minutes and crumble well. Remove with a

wooden spoon and drain.

Coat a skillet with oil—Reserve ½ cup hash browns for topping. Add the rest of the potatoes to the skillet. Press firmly to form an even layer.

Add layers of kale, cheese, and corn. Add hash browns and sausage mixture on top. Whisk cream, eggs, salt, and pepper in a bowl and add on top.

Bake in the air fryer oven to 375 F and the time to 55 minutes.

Let rest for 20 minutes. Serve.

Nutrition:

Calories 486

Fat 32 g

Carbs 27 g

Protein 22 g

Hearty Pineapple Honey and Coconut

Preparation Time: 10 minutes

Cooking Time: 10-30 minutes

Servings: 4

Ingredients:

1 2 small, fresh pineapples

1 tablespoon honey

1 2 tablespoon lemon juice

1 tablespoon ground coconut

1 4 ice cream sorbet

Baking paper as needed

Directions:

Preheat your Instant Air Fryer to 392 degrees F in “AIR FRY” mode, line bottom of the basket with baking paper

Cut pineapple lengthwise into eight pieces, remove the peel with eyes alongside the woody trunk

Take a bowl and mix in lemon juice and honey, brush pineapple pieces with the mixture. Transfer to the basket. Sprinkle coconut over it

Push to Air Fryer and cook for 12 minutes

Serve and enjoy some ice cream.

Nutrition:

Calories: 435 kcal,

Carbohydrates: 61 g,

Fat: 16 g,

Protein: 9 g.

Tasty Ratatouille

Preparation Time: 10 minutes

Cooking Time: 10-30 minutes

Servings: 4

Ingredients:

1 2 cup zucchini

1 yellow pepper

2 tomatoes

1 onion, peeled

1 garlic clove, crushed

2 teaspoons dried herbs

Fresh ground black pepper

1 tablespoon olive oil

Directions:

Preheat your Air Fryer to 392 degrees F in “AIR FRY” mode

Cut zucchini, bell pepper, tomatoes and onion in small cubes

Take a bowl and mix in garlic, herbs, ½ teaspoon salt, season with pepper, stir in olive oil

Place bowl in basket and slide into Air Fryer

Cook for 15 minutes, stir vegetables once when the “Turn Food” mode shows

Stir well and enjoy it!

Nutrition:

Calories: 421 kcal,

Carbohydrates: 42 g,

Fat: 24 g,

Protein: 10 g.

Cheesy Air Fryer Sticks

Preparation Time: 20 minutes

Cooking Time: 6-7 minutes

Servings: 8

Ingredients:

6 cheese sticks, snake-sized

1 4 cup parmesan cheese, grated

2 eggs

1 tablespoon Italian seasoning

1 4 cup flour, whole wheat

1 4 tablespoon rosemary, grounded

1 tablespoon garlic powder

Directions:

Take cheese sticks and set aside

Take a shallow bowl and beat eggs into the bowl

Mix cheese, flour, and seasonings in another bowl

Wrap the cheese sticks in the eggs and then in the batter

Now do again the process till the sticks are well coated

Place them in the basket of air fryer

Cook for 6-7 minutes at 370 F in "AIR FRY" mode

Serve and enjoy!

Nutrition:

Calories: 50 kcal,

Carbohydrates: 3 g,

Fat: 2 g,

Protein: 3 g.

Broccoli & Cheddar Quiche

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 6

Ingredients:

8 eggs

½ cup of whole wheat flour

½ cup low-Fat milk

1 cup of water

1-1/2 cups Cheddar cheese, shredded

1 cup broccoli florets, chopped

¼ teaspoon black pepper, ground

¼ teaspoon of sea salt

Directions:

Apply cooking spray on a ceramic soufflé dish and pour water into your pot.

Whisk together the milk, eggs, broccoli, flour, a cup of cheese, pepper, and salt in a bowl.

Pour this mix into the dish and lower it into the trivet.

Lock the lid and cook for 30 minutes.

Release pressure naturally for 10 minutes after cooking. Take out the lid and remove your dish.

Add the remaining cheese on top of your quiche. Slice into 6 wedges with a knife and serve.

Nutrition:

Calories 228

Carbohydrates 5g

Total Fat 16g

Protein 16g

Banana Bread

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 8

Ingredients:

¾ cup whole wheat flour

2 medium ripe mashed bananas

2 large eggs

1 teaspoon of Vanilla extract

¼ teaspoon Baking soda

½ cup granulated sugar

Directions:

Keep parchment paper at the bottom of your pan and spray with cooking spray.

Whisk together the baking soda, salt, flour, and cinnamon (optional) in a bowl. Keep it aside.

Take another bowl and bring together the eggs, bananas, vanilla, and yogurt (optional) in it.

Stir the wet ingredients gently into your flour mix to combine well.

Pour your batter into the pan. You can also sprinkle some walnuts.

Preheat your air fryer to 310°F and cook until brown.

Keep the bread on your wire rack for cooling in the pan. Slice and serve.

Nutrition:

Calories 240

Carbohydrates 29g

Total Fat 12g

Protein 4g

Fiber 2g

Easy Maple-Glazed Doughnuts

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Servings: 8

Ingredients:

1 (8-count) can jumbo flaky refrigerator biscuits

Cooking oil spray

½ cup light brown sugar

¼ cup butter

3 tablespoons milk

2 cups of confectioner sugar with more for dusting (optional)

2 teaspoons pure maple syrup

Directions:

Put the crisper plate into the basket then into the unit. Preheat by selecting AIR FRY, setting the temperature to 350°F, and setting the time to 3 minutes. Select START STOP to begin.

Remove the biscuits from the tube. Cut out the middle of every biscuit with a small, round cookie cutter.

When the unit is preheated, spray cooking oil to the crisper plate.

Working in batches, place 4 doughnuts into the basket.

Select AIR FRY. Set the temperature to 350°F. Set the time to 5 minutes. Select START STOP to begin.

When the cooking is complete, place the doughnuts on a plate.

Redo steps 3 and 4 with the remaining doughnuts.

Combine the brown sugar, butter, and milk in a small saucepan over medium heat. Warm until butter is melted and sugar is dissolved for 4 minutes.

Remove the pan and whisk in the confectioners' sugar and maple syrup until smooth.

Dip the slightly cooled doughnuts into the maple glaze. Place them on a wire rack and dust with confectioners' sugar (if using). Let rest just until the glaze sets. Enjoy the doughnuts warm.

VARIATION TIP: It's easy to make different kinds of glazes for your homemade doughnuts. For a chocolate glaze, omit the brown sugar and maple syrup and add 2 tablespoons cocoa powder. For a vanilla glaze, omit the brown sugar and maple syrup and add ½ teaspoon vanilla extract.

Nutrition:

Calories: 219

Total fat: 10g

Saturated fat: 5g

Cholesterol: 16mg

Sodium: 362mg

Carbohydrates: 30g

Fiber: 0g

Protein: 2g

Eggs, Bacon, Tomato and Cheese Bake

Preparation Time: 15 minutes

Cooking Time: 1 hour & 40 minutes

Servings: 8

Ingredients:

¼ cup extra-virgin olive oil

1 lb. bakery white bread, cut into 1" cubes

1 onion, halved and sliced

1 lb. sliced applewood-smoked bacon, cut into ½" pieces

28 oz. can whole Italian tomatoes, chopped

½ lb. extra-sharp cheddar, shredded

½ teaspoon red pepper, crushed

½ lb. Monterey Jack cheese, shredded

2 tablespoons snipped chives

1 ¾ cups chicken broth

8 eggs

Salt, to taste

Directions:

Grease a baking dish with cooking spray. Toss bread with olive oil in a bowl and arrange on a baking pan.

Set the air fryer oven temperature to 350 F and the time to 20 minutes, tossing twice.

Cook bacon in a skillet for 8 minutes over high heat. Drain the bacon and reserve 2 tablespoons fat in the skillet.

Put the onions to the skillet and cook for 5 minutes over medium heat. Add crushed red pepper and tomatoes and cook for 3 minutes.

Add the toasted bread cubes back to the bowl, then the skillet contents along with shredded cheeses, bacon, broth, and chives. Stir well—season with salt.

Put, and spread the batter in the baking dish, bake in the air fryer oven.

Set to 350 F and the time to 45 minutes.

Remove and make 8 wells in the bread mixture. Crack an egg into each well and return the dish to the air fryer oven—Bake for 15 minutes. Serve.

Nutrition:

Calories 953

Fat 57.9 g

Carbs 61 g

Protein 47 g

Strawberry-Almond Scones

Preparation Time: 15 minutes

Cooking Time: 1 hour & 45 minutes

Servings: 16

Ingredients:

1 ½ cups whole wheat pastry flour

1 ½ cups all-purpose flour

1 tablespoon baking powder

¼ cup + 2 tablespoons granulated sugar

½ teaspoon baking soda

1 stick unsalted butter, cold, cubed

1 ¼ cups buttermilk

1 ½ cups strawberries, sliced

2 tablespoons turbinado sugar

½ teaspoon salt

2 cups confectioners' sugar

½ cup almonds, sliced, toasted

3 tablespoons buttermilk

½ teaspoon almond extract

Pinch of salt

Directions:

Mix all-purpose flour and whole wheat pastry flour in a bowl with baking powder, granulated sugar, baking soda, and $\frac{1}{2}$ teaspoon salt.

Add the butter and stir until the mixture resembles a coarse meal. Add 1 $\frac{1}{4}$ cups buttermilk and add sliced strawberries.

Shape the dough into the scones and place them on the baking pan. Brush cones with buttermilk and add turbinado sugar on top.

Set re to 400 F and the time to 35 minutes. Let cool on the rack for 30 minutes.

Adjust the oven temperature to 350 F.

Whisk confectioners' sugar, almond extract, buttermilk, and salt in a bowl. Cover and let rest.

Add glaze on top of the scones then top with almonds. Let dry for 10 minutes. Serve.

Nutrition:

Calories 153

Fat 0.7 g

Carbs 34 g

Protein 4 g

Spinach-Egg Breakfast Pizzas

Preparation Time: 15 minutes

Cooking Time: 17 minutes

Servings: 4

Ingredients:

1 tablespoon olive oil

1 lb. frozen pizza dough, thawed

6 oz. baby spinach
3 tablespoons sour cream
1/3 cup Parmesan cheese
1 garlic clove, minced
4 large eggs
1/4 teaspoon of sea salt
1/8 teaspoon black pepper
Cornmeal

Directions:

Sprinkle a baking pan with cornmeal. Slice dough into 4 pieces, then shapes into 7" circles and place on a pan.

Heat 1 tablespoon oil in a skillet over medium heat. Add spinach and cook for 2 minutes.

Mix spinach with cheese, sour cream, garlic clove, salt, and pepper. Add spinach mixture over each pizza.

Set the temperature to 450 F and the time to 5 minutes.

Remove and add an egg to the center of each pizza. Bake again within 10 minutes. Season with pepper. Serve.

Nutrition:

Calories 433

Fat 14 g

Carbs 55 g

Protein 16 g

Chocolate-Filled Doughnut Holes

Preparation Time: 10 minutes

Cooking Time: 8-12 minutes per batch

Servings: 24

Ingredients:

1 (8-count) can refrigerated biscuits

Cooking oil spray

48 semisweet chocolate chips

3 tablespoons melted unsalted butter

¼ cup confectioners' sugar

Directions:

Separate the biscuits then cut into thirds, for 24 pieces.

Flatten each biscuit piece slightly and put 2 chips in middle.

Wrap dough around the chocolate then seal the edges very well.

Put the crisper plate into the basket then into unit. Preheat unit by selecting AIR FRY, setting the temperature to 330°F, and setting the time to 3 minutes. Select START STOP to begin.

After the unit is preheated, spray the crisper plate with cooking oil. Brush each doughnut hole with a bit of the butter and place it into the basket. Select AIR FRY, set the temperature to 330°F, and set the time between 8 and 12 minutes. Select START STOP to begin.

The doughnuts are done when they are already golden brown. When the cooking is complete, place the doughnut holes on a plate and dust with the confectioners' sugar. Serve warm.

VARIATION TIP: Get creative with the fillings for these little treats. Use a combination of chocolate chips and nuts, or try chopped-up candy bars. Just make sure the dough isn't overfilled, or the doughnut holes may split during air frying.

Nutrition:

Calories: 393

Total fat: 17g

Saturated fat: 8g

Cholesterol: 24mg

Sodium: 787mg

Carbohydrates: 55g

Fiber: 1g

Protein: 5g

Chocolate and Raisin Bread Pudding

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 3

Ingredients:

1 cup milk

1 egg

1 tablespoon brown sugar

$\frac{1}{2}$ teaspoon ground cinnamon

$\frac{1}{4}$ teaspoon vanilla extract

2 tablespoons raisins, soaked in hot water for about 15 minutes

2 bread slices, cut into small cubes

1 tablespoon chocolate chips

1 tablespoon sugar

Directions:

In a bowl, mix well milk, egg, brown sugar, cinnamon, and vanilla extract.

Stir in the raisins.

In a baking dish, spread the bread cubes and top evenly with the milk mixture.

Refrigerate for about 15-20 minutes.

Set the temperature of air fryer to 375 degrees F.

Remove from refrigerator and sprinkle with chocolate chips and sugar on top.

Arrange the baking dish into an air fryer basket.

Air fry for about 12 minutes.

Remove from the air fryer and serve warm.

Nutrition:

Calories: 291

Fat: 17.4g

Fiber: 9.1g

Carbs: 34.7g

Protein: 9.1g

Classic Hash Browns

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 russet potatoes, peeled

1 teaspoon paprika

Salt

Freshly ground black pepper

Cooking oil spray

Directions:

Use a box grater or food processor in shredding the potatoes. If your grater has different hole sizes, use the largest holes.

In a bowl of cold water, set the shredded potatoes. Let sit for 5 minutes. (Cold water helps remove excess starch from the potatoes.) Stir them to help dissolve the starch.

Put the crisper plate into the basket then into the unit. Preheat by selecting AIR FRY. Set the temperature to 360°F, and setting the time to 3 minutes. Select START STOP to begin.

Drain the potatoes and pat them with paper towels until the potatoes are completely dry. Season the potatoes with the paprika, salt, and pepper.

When the unit is preheated, spray cooking oil to the crisper plate. Spray the potatoes with the cooking oil and place them into the basket.

AIR FRY, set the temperature to 360°F, then set the time to 20 minutes. Select START STOP to begin.

After 5 minutes, remove the basket and shake the potatoes. Reinsert the basket to resume cooking. Continue shaking the basket every 5 minutes (a total of 4 times) until the potatoes are done.

When the cooking is complete, remove the hash browns from the basket and serve warm.

SUBSTITUTION TIP: You can use other types of potatoes in this easy recipe. Yukon gold potatoes make buttery-tasting hash browns. Sweet potato hash browns are delicious, too, as are red potatoes. Just drain and dry the potatoes as thoroughly as possible before adding them to the air fryer.

Nutrition:

Calories: 150

Total fat: 0g

Saturated fat: 0g

Cholesterol: 0mg

Sodium: 52mg

Carbohydrates: 34g

Fiber: 5g

Protein: 4g

Puffed Egg Tarts

Preparation Time: 10 minutes

Cooking Time: 17-20 minutes

Servings: 2

Ingredients:

$\frac{1}{3}$ sheet frozen puff pastry, thawed

Cooking oil spray

$\frac{1}{2}$ cup shredded Cheddar cheese

2 eggs

$\frac{1}{4}$ teaspoon salt, divided

1 teaspoon minced fresh parsley (optional)

Directions:

Put the crisper plate into the basket then into the unit.

Preheat the unit by selecting BAKE, setting the temperature to 390°F, and setting the time to 3 minutes. Select START STOP to begin.

Lay the puff pastry sheet on a piece of parchment paper and cut it in half.

When the unit is preheated, spray cooking oil to the crisper plate. Transfer the 2 squares of pastry to the basket, keeping them on the parchment paper.

Select BAKE, set the temperature to 390°F, and set the time to 20 minutes. Select START STOP to begin.

After 10 minutes, use a metal spoon to press down the center of each pastry square to make a well. Divide the cheese equally between the baked pastries. Crack an egg above the cheese carefully, and sprinkle each with the salt. Resume cooking for 7 to 10 minutes.

When the cooking is complete, the eggs will be cooked through. Sprinkle each with parsley (if using) and serve.

INGREDIENT TIP: Use caution when adding the eggs to the hot air fryer. Try placing each egg in a small bowl beforehand so you can pour it onto the tart. Also, puff pastry comes in a variety of sizes. Typically, the box will contain two sheets that are folded into thirds. Use one of the thirds for this recipe and cut that rectangle in half to form the two squares needed.

Nutrition:

Calories: 322

Total fat: 24g

Saturated fat: 10g

Cholesterol: 216mg

Sodium: 598mg

Carbohydrates: 12g

Fiber: 0g

Protein: 15g

Early Morning Steak and Eggs

Preparation Time: 8 minutes

Cooking Time: 14 minutes per batch

Servings: 4

Ingredients:

Cooking oil spray

4 (4-ounce) New York strip steaks

1 teaspoon granulated garlic, divided

1 teaspoon salt, divided

1 teaspoon freshly ground black pepper, divided

4 eggs

½ teaspoon paprika

Directions:

Put the crisper plate into the basket then into the unit. Preheat by selecting AIR FRY. Set the temperature to 360°F, and setting the time to 3 minutes. Select START STOP to begin.

When the unit is preheated, spray cooking oil to the crisper plate. Place 2 steaks into the basket; do not oil or season them at this time.

Choose AIR FRY.

Set the temperature into 360°F, then set time to 9 minutes. Select START STOP to begin.

After 5 minutes, open the unit and flip the steaks. Sprinkle each with ¼ teaspoon of granulated garlic, ¼ teaspoon of salt, and ¼ teaspoon of pepper. Resume cooking until the steaks register at least 145°F on a food thermometer.

When the cooking is complete, transfer the steaks to a plate and tent with aluminum foil to keep warm. Redo steps 2 to 4 with the remaining steaks.

Spray 4 ramekins with olive oil. Crack 1 egg into each ramekin. Sprinkle the eggs with the paprika and remaining ½ teaspoon each of salt and pepper. Working in batches, place 2 ramekins into the basket.

Select BAKE, set the temperature to 330°F, and set the time to 5 minutes. Select START STOP to begin.

When the cooking is complete and the eggs are cooked to 160°F, remove the ramekins and repeat step 7 with the remaining 2 ramekins.

Serve the eggs with the steaks.

AIR FRYER TIP: If you choose to make the eggs first, you will need to preheat your air fryer for about 5 minutes. But if you cook them second, the fryer will already be warm enough to get those eggs going right away. The eggs should be cooked last because they will cool much faster than the steak.

Nutritional Values (Amount per Serving 1 steak and 1 egg):

Calories: 304

Total fat: 19g

Saturated fat: 7g

Cholesterol: 261mg

Sodium: 653mg

Carbohydrates: 2g

Fiber: 0g

Protein: 31g

Breakfast Potatoes

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients:

1½ teaspoons olive oil, divided, plus more for misting
4 large potatoes, skins on, cut into cubes
2 teaspoons seasoned salt, divided
1 teaspoon minced garlic, divided
2 large green or red bell peppers that are cut into 1-inch chunks
½ onion, diced

Directions:

Lightly mist the fryer basket with olive oil.

Toss the potatoes with ½ teaspoon of olive oil in a medium bowl. Sprinkle with 1 teaspoon of seasoned salt and ½ teaspoon of minced garlic. Stir to coat.

Place the seasoned potatoes in the fryer basket in a single layer.

Cook for five minutes. Shake the basket and cook for another five minutes.

Meanwhile, toss the bell peppers and onion with the remaining ½ teaspoon of olive oil in a medium bowl.

Sprinkle the peppers and onions with the remaining 1 teaspoon of seasoned salt and ½ teaspoon of minced garlic. Stir to coat.

Add the onions and seasoned peppers to the fryer basket with the potatoes.

Cook for 5 minutes. Shake the basket. Cook for an additional 5 minutes.

Air Fry Like a Pro: If you like your breakfast potatoes extra crispy, spray them with a little extra olive oil midway and

add a few minutes to the cooking time. However, that will add calories, so be aware.

Nutritional Values

Calories: 199

Total Fat: 1g

Saturated Fat: <1g

Cholesterol: 0mg

Carbohydrates: 43g

Protein: 5g

Fiber: 7g

Sodium: 507mg

Baked Potato Breakfast Boats

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

2 large russet potatoes, scrubbed

Olive oil

Salt

Freshly ground black pepper

4 eggs

2 tablespoons chopped, cooked bacon

1 cup shredded cheddar cheese

Directions:

Use a fork in poking holes in the potatoes with a fork and microwave on full power for 5 minutes.

Turn potatoes over and cook an additional 3 to 5 minutes, or until the potatoes are fork tender.

Cut the potatoes in half lengthwise and use a spoon to scoop out the inside of the potato. Be careful to leave a layer of potato so that it makes a sturdy “boat.”

Lightly spray the fryer basket with olive oil. Spray oil to the skin side of the potatoes and sprinkle with salt and pepper to taste.

Place the potato skins in the fryer basket skin side down. Crack one egg into each potato skin.

Sprinkle $\frac{1}{2}$ tablespoon of bacon pieces and $\frac{1}{4}$ cup of shredded cheese on top of each egg. Sprinkle with salt and pepper to taste.

Air fry until the yolk is slightly runny, 5 to 6 minutes, or until the yolk is fully cooked, 7 to 10 minutes.

Make it Even Lower Calorie: Use reduced-calorie cheddar cheese.

Nutritional Values

Calories: 338

Total Fat: 15g

Saturated Fat: 8g

Cholesterol: 214mg

Carbohydrates: 35g

Protein: 17g

Fiber: 3g

Sodium: 301mg

Chapter 2: Lunch Recipes

Breaded Chicken without Flour

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 6

Ingredients:

1 1/6 oz. of grated parmesan cheese

1 unit of egg

1 lb of chicken (breast)

Salt and black pepper to taste

Directions:

Cut the chicken breast into 6 fillets and season with a little salt and pepper.

Beat the egg in a bowl.

Pass the chicken breast in the egg and then in the grated cheese, sprinkling the fillets.

Non-stick and put in the air fryer at 400°F for about 30 minutes or until golden brown.

Nutrition:

Calories: 114

Carbohydrates: 13g

Fat: 5.9g

Protein: 2.3g

Sugar: 3.2g

Cholesterol: 19mg

Barbecue with Chorizo and Chicken

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Servings: 4

Ingredients:

4 chicken thighs

2 Tuscan sausages

4 small onions

Directions:

Preheat the fryer to 400°F for 5 minutes. Season the meat the same way you would if you were going to use the barbecue.

Put in the fryer, lower the temperature to 160°C and set for 30 minutes.

After 20 minutes, check if any of the meat has reached the point of your preference. If so, take whichever is ready and return to the fryer with the others for another 10 minutes, now at 400°F. If not, return them to Air Fryer for the last 10 minutes at 400°F.

Nutrition:

Calories: 135

Carbohydrates: 0g

Fat: 5g

Protein: 6g

Sugar: 0g

Cholesterol: 300mg

Roasted Thigh

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 1

Ingredients:

3 chicken thighs and thighs

2 red seasonal bags

1 clove garlic

½ tsp of salt

1 pinch of black pepper

Directions:

Season chicken with red season, minced garlic, salt, and pepper. Leave to act for 5-10 minutes to obtain the flavor.

Put the chicken in the basket of the air fryer and bake at 390°F for 20 minutes.

After that time, remove the Air Fryer basket and check the chicken spot. If it is still raw or not golden enough, turn it over and leave it for another 10 minutes at 350°F.

After the previous step, your chicken will be ready on the Air Fryer! Serve with doré potatoes and leaf salad.

Nutrition:

Calories: 278

Carbohydrates: 0.1g

Fat: 18g

Protein: 31g

Sugar: 0g

Cholesterol: 166mg

Coxinha Fit

Preparation Time: 10 minutes

Cooking Time: 10-15 minutes

Servings: 4

Ingredients:

½ lb. seasoned and minced chicken

1 cup light cottage cheese

1 egg

Condiments to taste

Flaxseed or oatmeal

Directions:

In a bowl, mix all of the ingredients together except flour.

Knead well with your hands and mold into coxinha format.

If you prefer you can fill it, add chicken or cheese.

Repeat the process until all the dough is gone.

Pass the drumsticks in the flour and put them in the fryer.

Bake for 10 to 15 minutes at 390°F or until golden. Now it only works!

Nutrition:

Calories: 220

Carbohydrates: 40g

Fat: 18g

Protein: 100g

Sugar: 5g

Cholesterol: 3000mg

Pork in Tomato Sauce with Butter

Preparation Time: 15 minutes

Cooking Time: 45 minutes

Servings: 4

Ingredients:

5 pieces 2-inch pork

1 cup of tomato sauce

4 tablespoons salted butter

5 garlic cloves, minced

3 teaspoons dried rosemary

2 teaspoons black pepper

1 teaspoon nutmeg

1 cup of chicken broth

Directions:

In a bowl, mix the dried rosemary, nutmeg, black pepper, and garlic. Toss the pork in the spices mix. Then set the pork aside to marinate it for a couple of hours at room temperature or place in the fridge overnight.

Put all the ingredients in your Air fryer and close the lid to let them cook on a HIGH pressure for about 45 minutes.

Release the pressure and place the pork to a carving board.

Slice up the meat into strips and then divide into four bowls or plates and ladle up the tomato sauce and then spoon some salted butter on top to serve with the white bread and wine.

Nutrition:

Calories – 393

Protein – 89 g.

Fat – 92 g.

Carbs – 293 g.

Pork with Lemon

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 3

Ingredients:

20 oz pork

2 lemons, peeled and diced

5 tablespoons liquid honey

2 tablespoon Gouda cheese, grated

2 tablespoons soy sauce

1 tablespoon dry basil

5 garlic cloves, minced

4 tablespoons olive oil

Salt as needed

1 cup of freshly squeezed lemon juice

½ tablespoon of corn starch

½ cup of water

Directions:

Marinate the pork in the salt, soy sauce, dry basil, minced garlic, lemon juice and honey for a couple of hours at room temperature or place in the fridge overnight. Add the marinated pork and all other ingredients to your Air fryer.

Secure the lid, fix the timer to 45 minutes and cook the pork on MEAT/STEW option.

Naturally release the pressure for 10 minutes.

Serve and enjoy!

Nutrition:

Calories – 379

Protein – 64 g.

Fat – 74 g.

Carbs – 277 g.

Spicy Pork Shoulder with Brown Rice

Preparation Time: 10 minute

Cooking Time: 65 minutes

Servings: 4

Ingredients:

1 cup of brown rice

30 oz pork shoulder, cut into half

1 tablespoon liquid smoke

5 tablespoons sunflower oil

1 cup of water

2 teaspoons chili pepper powder

salt and pepper to taste

brown rice or steamed green beans for serving (optional)

Directions:

Wash the brown rice several times and let the water boil to cook the rice for about 20 minutes. Add 2 tablespoons sunflower oil when the rice is ready.

Fix your Air fryer to sauté mode and pour some oil to heat it up.

Add in the pork, salt, chili pepper powder and pepper, brown each side for 5 minutes until the both sides are slightly browned. Transfer them to a plate.

Put the water and liquid smoke to the Air fryer and place the meat and spoon the rice.

Make sure to lock the lid and cook for 60 minutes on a HIGH pressure, release pressure naturally over 10 minutes.

Transfer the pork meat to the cutting board and shred using 2 forks. Portion the pork into four plates and dollop each plate with the cooking liquid. Serve it with the rice or green beans on the side.

Nutrition:

Calories – 384

Protein – 64 g.

Fat – 75 g.

Carbs – 275 g.

Bacon Wings

Preparation Time: 15 minutes

Cooking Time: 1 hour and 15 minutes

Servings: 12

Ingredients:

Bacon strips (12 pieces)

Paprika (1 teaspoon)

Black pepper (1 tablespoon)

Oregano (1 teaspoon)

Chicken wings (12 pieces)

Kosher salt (1 tablespoon)

Brown sugar (1 tablespoon)

Chili powder (1 teaspoon)

Celery sticks

Blue cheese dressing

Directions:

Preheat the air fryer at 325 degrees Fahrenheit.

Mix sugar, salt, chili powder, oregano, pepper, and paprika.
Coat chicken wings with this dry rub.

Wrap a bacon strip around each wing. Arrange wrapped wings in the air fryer basket.

Cook for thirty minutes on each side in the air fryer. Let cool for five minutes.

Serve and enjoy with celery and blue cheese.

Nutrition:

Calories 100

Fat 5.0 g

Protein 10.0 g

Carbohydrates 2.0 g

Paprika Chicken Breasts with Ham & Cheese

Preparation Time: 15 minutes

Cooking Time: 21 minutes

Servings: 4

Ingredients:

4 chicken breasts

4 ham slices

4 Swiss cheese slices

3 tbsp all-purpose flour

4 tbsp butter

1 tbsp paprika

1 tbsp chicken bouillon granules

½ cup dry white wine

1 cup heavy whipping cream

1 tbsp cornstarch

Directions:

Preheat the air fryer oven to 380 F. Pound the chicken breasts and put a slice of ham on each of the chicken breasts. Fold the edges over the filling and close with toothpicks.

In a bowl, combine paprika and flour and coat in the chicken. Press Start and fry the chicken for 14-16 minutes.

Melt the butter in a skillet and add the bouillon and wine. Stir to combine and reduce the heat to low. Transfer the chicken from the oven and place it in the skillet. Let simmer for 5 minutes.

Nutrition:

Calories: 248

Carbs: 3g

Fat: 13g

Protein: 30g

Chili Chicken Strips with Aioli

Preparation Time: 15 minutes

Cooking Time: 14 minutes

Servings: 4

Ingredients:

1 lb. chicken breasts, cut into strips

2 tbsp olive oil

1 cup breadcrumbs

½ tbsp garlic powder

½ tbsp chili powder

½ cup mayonnaise

Directions:

Preheat the air fryer oven to 350 F. Mix breadcrumbs, garlic powder, and chili on a plate. Coat the strips in the breadcrumb mixture. Drizzle with olive oil.

Arrange the chicken strips on the basket and press Start—Cook for 12-14 minutes.

To prepare the aioli: combine mayo with ground chili. Serve with the chicken strips.

Nutrition:

Calories: 281

Carbs: 24g

Fat: 7g

Protein: 39g

Pepper Pesto Lamb

Preparation Time: 15 minutes

Cooking Time: 1 hour and 15 minutes

Servings: 12

Ingredients:

Pesto:

Rosemary leaves, fresh (1/4 cup)

Garlic cloves (3 pieces)

Parsley, fresh, packed firmly (3/4 cup)

Mint leaves, fresh (1/4 cup)

Olive oil (2 tablespoons)

Lamb:

Red bell peppers, roasted, drained (7 ½ ounces)

Leg of lamb, boneless, rolled (5 pounds)

Seasoning, lemon pepper (2 teaspoons)

Directions:

Preheat the oven at 325 degrees Fahrenheit.

Mix the pesto ingredients in the food processor.

Unroll the lamb and cover the cut side with pesto. Top with roasted peppers before rolling up the lamb and tying with kitchen twine.

Coat lamb with seasoning (lemon pepper) and air-fry for one hour.

Nutrition:

Calories 310

Fat 15.0 g

Protein 40.0 g

Carbohydrates 1.0 g

Tuna Spinach Casserole

Preparation Time: 30 minutes

Cooking Time: 25 minutes

Servings: 8

Ingredients:

Mushroom soup, creamy (18 ounces)

Milk (1/2 cup)

White tuna, solid, in-water, drained (12 ounces)

Crescent dinner rolls, refrigerated (8 ounces)

Egg noodles, wide, uncooked (8 ounces)

Cheddar cheese, shredded (8 ounces)

Spinach, chopped, frozen, thawed, drained (9 ounces)

Lemon peel grated (2 teaspoons)

Directions:

Preheat the oven at 350 degrees Fahrenheit.

Mist cooking spray onto a glass baking dish (11x7-inch).

Follow package directions in cooking and draining the noodles.

Stir the cheese (1 ½ cups) and soup together in a skillet heated on medium. Once cheese melts, stir in your noodles, milk, spinach, tuna, and lemon peel. Once bubbling, pour into the prepped dish.

Unroll the dough and sprinkle with remaining cheese (1/2 cup). Roll up dough and pinch at the seams to seal. Slice into 8 portions and place over the tuna mixture.

Air-fry for twenty to twenty-five minutes.

Nutrition:

Calories 400

Fat 19.0 g

Protein 21.0 g

Carbohydrates 35.0 g

Greek Style Mini Burger Pies

Preparation Time: 15 minutes

Cooking Time: 40 minutes

Servings: 6

Ingredients:

Burger mixture:

Onion, large, chopped (1 piece)

Red bell peppers, roasted, diced (1/2 cup)

Ground lamb, 80% lean (1 pound)

Red pepper flakes (1/4 teaspoon)

Feta cheese, crumbled (2 ounces)

Baking mixture:

Milk (1/2 cup)

Biscuit mix, classic (1/2 cup)

Eggs (2 pieces)

Directions:

Preheat the air fryer at 350 degrees Fahrenheit.

Grease 12 muffin cups using cooking spray.

Cook the onion and beef in a skillet heated on medium-high. Once beef is browned and cooked through, drain and let cool for five minutes. Stir together with feta cheese, roasted red peppers, and red pepper flakes.

Whisk the baking mixture ingredients together. Fill each muffin cup with baking mixture (1 tablespoon).

Air-fry for twenty-five to thirty minutes. Let cool before serving.

Nutrition:

Calories 270

Fat 15.0 g

Protein 19.0 g

Carbohydrates 13.0 g

Pork Ribs with Honey

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 3

Ingredients:

15 oz pork back ribs

2 tablespoons honey

1 teaspoon sesame oil

2 tablespoons oyster sauce

1 teaspoon salt

1 teaspoon sugar

1 cup of water

½ cup of liquid smoke

Directions:

In a bowl, marinate the pork back ribs in honey. Then set the meat aside to marinate for a couple of hours at room temperature or place in the fridge overnight.

Add all the listed ingredients to the Air fryer.

Make sure to lock the lid and cook on MEAT/STEW mode for 50 minutes.

Naturally release the pressure over 10 minutes.

Portion the pork ribs into three plates and dollop each plate with the cooking liquid and oyster sauce. Serve it with the buckwheat or brown rice on the side if you prefer.

Nutrition:

Calories – 364

Protein – 76 g.

Fat – 70 g.

Carbs – 264 g.

Shrimp Scampi Linguine

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

1 ½ pounds shrimp, shelled and deveined

1/2 tablespoon fresh basil leaves, chopped

2 tablespoons olive oil

2 cloves garlic, minced

1/2 teaspoon fresh ginger, grated

1/4 teaspoon cracked black pepper

1/2 teaspoon sea salt

1/4 cup chicken stock

2 ripe tomatoes, pureed

8 ounces linguine pasta

1/2 cup parmesan cheese, preferably freshly grated

Directions:

Start by preheating the Air Fryer to 395 degrees F. Place the shrimp, basil, olive oil, garlic, ginger, black pepper, salt, chicken stock, and tomatoes in the casserole dish.

Transfer the casserole dish to the cooking basket and bake for 10 minutes.

Bring a large pot of lightly salted water to a boil. Cook the linguine for 10 minutes or until al dente; drain.

Divide between four serving plates. Add the shrimp sauce and top with parmesan cheese. Bon appétit!

Nutrition:

Calories 560

Fat 11g

Carbs 47.3g

Protein 59.3g

Sugars 1.6g

Sunday Fish with Sticky Sauce

Preparation Time: 20 minutes

Cooking Time: 11 minutes

Servings: 2

Ingredients:

2 pollack fillets

Salt and black pepper, to taste

1 tablespoon olive oil

1 cup chicken broth

2 tablespoons light soy sauce

1 tablespoon brown sugar

2 tablespoons butter, melted

1 teaspoon fresh ginger, minced

1 teaspoon fresh garlic, minced

2 corn tortillas

Directions:

Pat dry the pollack fillets and season them with salt and black pepper; drizzle the sesame oil all over the fish fillets.

Preheat the Air Fryer to 380 degrees F and cook your fish for 11 minutes. Slice into bite-sized pieces.

Meanwhile, prepare the sauce. Add the broth to a large saucepan and bring to a boil. Add the soy sauce, sugar, butter, ginger, and garlic. Reduce the heat to simmer and cook until it is reduced slightly.

Add the fish pieces to the warm sauce. Serve on corn tortillas and enjoy!

Nutrition:

Calories 573

Fat 38.3g

Carbs 31.5g

Protein 26.2g

Sugars 7g

Tasty Air Fried Cod

Preparation Time: 10 minutes

Cooking Time: 12 minutes

Servings: 4

Ingredients:

7 oz. 2 cod fish

Sesame oil

Salt and black pepper

1 cup water

1 tsp. dark soy sauce

4 tbsp. light soy sauce

1 tbsp. sugar

3 tbsp. olive oil

4 ginger slices

3 spring onions

2 tbsp. coriander

Directions:

Season fish with pepper, salt, sprinkle sesame oil, rub well and allow for 10 minutes.

Add fish to air fryer. Cook at 356°F for 12 minutes.

Heat a pot with the water over medium heat. Add sugar and light and dark soy sauce. Allow to simmer. Take off heat.

Heat pan with the olive oil over medium heat. Add green onions and ginger. Cook for a few minutes. Take off heat.

Divide fish on plates. Top with ginger and green onions. Drizzle soy sauce mix. Sprinkle coriander and serve.

Nutrition:

Calories: 524

Total Fat: 27.5g

Sodium: 252mg

Total Carbs: 56.2g

Fiber: 2.3g

Sugars: 20.3g

Protein: 26.6g

Parmesan Chicken Nuggets

Preparation Time: 10 minutes

Cooking Time: 8 minutes

Servings: 4

Ingredients:

1-pound chicken breast, ground

1 teaspoon hot paprika
2 teaspoon sage, ground
1/3 teaspoon powdered ginger
1/2 teaspoon dried thyme
1/3 teaspoon ground black pepper, to taste
1 teaspoon kosher salt
2 tablespoons melted butter
3 eggs, beaten
1/2 cup parmesan cheese, grated

Directions:

In a mixing bowl, thoroughly combine ground chicken with spices and an egg. After that, stir in the melted butter; mix to combine well.

Mix the remaining eggs in a shallow bowl.

Form the mixture into chicken nugget shapes; now, coat them with the beaten eggs; then, dredge them in the grated parmesan cheese.

Cook in the preheated air fryer at 405 degrees f for 8 minutes.

Nutrition:

Calories 347

Fat 23.6g

Carbs 1.5g

Protein 30.5g

Sugars 0.5g

Fiber 0g

Tangy and Buttery Chicken

Preparation Time: 20 minutes

Cooking Time: 13 minutes

Servings: 4

Ingredient:

½ tablespoon Worcestershire sauce

1 teaspoon finely grated orange zest

2 tablespoons melted butter

½ teaspoon smoked paprika

4 chicken drumsticks, rinsed and halved

1 teaspoon sea salt flakes

1 tablespoon cider vinegar

1/2 teaspoon mixed peppercorns, freshly cracked

Directions:

Firstly, pat the chicken drumsticks dry. Coat them with the melted butter on all sides. Toss the chicken drumsticks with the other ingredients.

Transfer them to the air fryer cooking basket and roast for about 13 minutes at 345 degrees f.

Nutrition:

Calories 264

Fat 18.6g

Carbs 0.9g

Protein 23.6g

Sugars 0.4g

Fiber 0.1g

Delicious Catfish

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 catfish fillets

Black pepper and Salt

A pinch of sweet paprika

1 tbsp. parsley

1 tbsp. lemon juice

1 tbsp. olive oil

Directions:

Season catfish fillets with salt, paprika, pepper, drizzle oil, rub well. Then put in air fryer basket and cook at 400°F for 20 minutes. Flip the fish after 10 minutes of time.

Share fish on plates. Sprinkle parsley and drizzle some lemon juice over it, serve.

Nutrition:

Calories: 247

Total Fat: 15.7g

Sodium: 86mg

Total Carbs: 0.2g

Fiber: 0.1g

Sugars: 0.1g

Protein: 25g

Cod Fillets with Fennel and Grapes Salad

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

2 black cod fillets

1 tbsp. olive oil

Black pepper and Salt

1 fennel bulb

1 cup grapes

½ cup pecans

Directions:

Sprinkle half of the oil over fish fillets, season with pepper and salt, rub well, place fillets in air fryer basket. Then cook for 10 minutes' time at 400°F and put in the plate.

Mix pecans with grapes, fennel, the rest of the oil, salt, and pepper, toss to coat, in a bowl. Add to pan that fits air fryer. Cook at 400° F for 5 minutes.

Share cod on plates, add grapes and fennel mix on the side then serve.

Nutrition:

Calories: 602

Total Fat: 50.4g

Sodium: 132mg

Total Carbs: 21.4g

Fiber: 7g

Sugars: 8.5g

Protein: 21.7g

Sausages Omelet with Bread and Peanuts

Preparation Time: 10 minutes

Cooking Time: 35 minutes

Servings: 4

Ingredients:

8 eggs

25 oz smoked pork sausages, sliced

1 cup of peanuts

25 oz bread, diced

2 tablespoons olive oil

2 medium carrots, peeled and diced

1 medium onion, peeled and chopped

salt and black pepper, to taste

1 bunch of parsley

Directions:

Whisk the eggs using an electric hand mixer until there is a creamy consistency and homogenous mass.

In a frying pan or wok, warm up the olive oil and fry the bread for 10 minutes until golden brown and crispy. Then add in the sausages and chopped onion and fry for 5-10 minutes until clear and caramelized.

Mix the eggs with the salt, pepper, salmon, bread and onion in a bowl, and whisk them well.

Set the Pot on sauté mode.

Add some olive oil and then heat it up and slightly pour the egg mixture. Stir the eggs mixture well.

Press the Air Crisp mode and cook the eggs for 15 minutes at 250° Fahrenheit.

Portion the omelet into bowls and dollop each bowl with the chopped parsley and peanuts..

Nutrition:

Calories – 257

Protein – 31 g.

Fat – 36 g.

Carbs – 65 g.

Squash and Pork Chops

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 3

Ingredients:

40 oz pork, ground

1 medium-sized squash, cut into eighths

4 tbsp. dried sage

2 tbsp. clarified and unsalted butter

2 teaspoons dried thyme

2 teaspoons ground cinnamon

1 cup of fish broth

1 teaspoon of salt

1 teaspoon pepper

Directions:

Fix your Air fryer to sauté mode and melt the unsalted butter or use the skillet to melt the butter and then pour to your Air fryer.

Combine the salt, pepper, dried thyme, sage and cinnamon in a bowl. Season the pork with the spices mix.

Form the pork chops. Add the chops into Air fryer.

Then, add in the squash and pour in the fish broth.

Make sure to lock the lid and cook on high pressure for 40 minutes.

Quick-release the pressure and transfer the pork chops to a plate.

Mound the squash around the pork chops nicely and ladle up the sauce (if any) all over the chops. Serve it with the red or white wine.

Nutrition:

Calories – 258

Protein – 59 g.

Fat – 64 g.

Carbs – 201 g.

Pork Belly in Wine

Preparation Time: 10 minutes

Cooking Time: 50 minutes

Servings: 3

Ingredients:

20 oz pork belly

1 cup of onions, peeled and chopped

1 cup of white wine

3 tablespoons avocado oil

4 garlic cloves, minced

¼ teaspoon red pepper flakes

3 teaspoons sesame seeds

Directions:

In a bowl, combine the belly, pepper, onions, tomato sauce, garlic, oil, pepper flakes and sesame seeds and toss well. Pour the wine and marinate the pork for a couple of hours at room temperature or place in the fridge overnight. Add it to your air fryer and close the lid to cook on a HIGH pressure for around 40 minutes.

Open the lid and place the pork on the cutting board and slice it.

Return the pork to the air fryer and Put the air fryer to sauté mode.

Cook the pork for 10 minutes and portion it into three plates and dollop each plate with some sesame seeds.

Nutrition:

Calories – 223

Protein – 42 g.

Fat – 48 g.

Carbs – 189 g.

Rolled Turkey Breast

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1 box of cherry tomatoes

¼ lb. turkey blanket

Directions:

Wrap the turkey and blanket in the tomatoes, close with the help of toothpicks.

Take to Air Fryer for 10 minutes at 390°F.

You can increase the filling with ricotta and other preferred light ingredients.

Nutrition:

Calories: 172

Carbohydrates: 3g

Fat: 2g

Protein: 34g

Sugar: 1g

Cholesterol: 300mg

Chicken in Beer

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

2 ¼ lbs chicken thigh and thigh

½ can of beer

4 cloves of garlic

1 large onion

Pepper and salt to taste

Directions:

Wash the chicken pieces and, if desired, remove the skin to be healthier.

Place on an ovenproof plate.

In the blender, beat the other ingredients: beer, onion, garlic, and add salt and pepper, all together.

Cover the chicken with this mixture; it has to stay like swimming in the beer.

Take to the preheated air fryer at 3900F for 45 minutes.

It will roast when it has a brown cone on top and the beer has dried a bit.

Nutrition:

Calories: 674

Carbohydrates: 5.47g

Fat: 41.94g

Protein: 61.94g

Sugar: 1.62g

Cholesterol: 206mg

Chicken Fillet

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 chicken fillets

salt to taste

1 garlic clove, crushed

thyme to taste

black pepper to taste

Directions:

Add seasoning to fillets, wrapping well for flavor. Heat up the Air Fryer for 5 minutes at 350°F. Place the fillets in the basket, program for 20 minutes at 350°F.

With 5 minutes remaining, turn the fillets and raise the temperature to 3900F. Serve!

Nutrition:

Calories: 90

Carbohydrates: 1g

Fat: 1g

Protein: 17g

Sugar: 0g

Cholesterol: 45mg

Chicken with Lemon and Bahian Seasoning

Preparation Time: 2 hours

Cooking Time: 20 minutes

Servings: 4

Ingredients:

5 pieces of chicken to bird;

2 garlic cloves, crushed;

4 tablespoons of lemon juice;

1 coffee spoon of Bahian spices;

salt and black pepper to taste.

Directions:

Place the chicken pieces in a covered bowl and add the spices. Add the lemon juice. Cover the container and let the chicken marinate for 2 hours.

Place each piece of chicken in the basket of the air fryer, without overlapping the pieces. Set the fryer for 20 minutes at 390°F. In half the time, brown evenly.

Serve!

Nutrition:

Calories: 316.2

Carbohydrates: 4.9g

Fat: 15.3g

Protein: 32.8g

Sugar: 0g

Chicken Meatballs

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

½ lb. chicken breast

1 tbsp of garlic

1 tbsp of onion

½ chicken broth

1 tbsp of oatmeal, whole wheat flour or of your choice

1 pinch of paprika

Salt and black pepper

Directions:

Place all of the ingredients in a food processor and beat well until well mixed and ground.

If you don't have a food processor, ask the butcher to grind it and then add the other ingredients, mixing well.

Make balls and place them in the Air Fryer basket.

Program the Air Fryer for 15 minutes at 400°F.

Half the time shake the basket so that the meatballs loosen and fry evenly.

Nutrition:

Calories: 45

Carbohydrates: 1.94g

Fat: 1.57g

Protein: 5.43g

Sugar: 0.41g

Cholesterol: 23m

Basic BBQ Chicken

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

2 tablespoons Worcestershire Sauce

1 tablespoon honey

$\frac{3}{4}$ cup ketchup

2 teaspoons chipotle chili powder

6 chicken drumsticks

Directions:

Heat up the air fryer to 370 degrees F for 5 minutes.

Use a big bowl to mix the Worcestershire sauce, honey, ketchup and chili powder. Whisk it up well.

Drop in the drumsticks and turn them so they are all coated with the mixture.

Grease the basket of the air fryer with nonstick spray and place 3 chicken drumsticks in.

Cook for 17 minutes for large drumsticks 15 minutes for smaller ones, flipping when it reaches half the time.

Repeat with the other three drumsticks.

Nutrition:

Calories: 145

Carbohydrates: 4.5g

Fat: 2.6g

Protein: 13g

Spicy Grilled Halibut

Preparation Time: 30 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

½ cup fresh lemon juice

2 jalapeno peppers, seeded & chopped fine

4 6 oz. halibut fillets

Nonstick cooking spray

¼ cup cilantro, chopped

Directions:

In a small bowl, combine lemon juice and chilies, mix well.

Place fish in a large Ziploc bag and add marinade. Toss to coat. Refrigerate 30 minutes.

Lightly spray the baking pan with cooking spray. Set oven to broil on 400°F for 15 minutes.

After 5 minutes, lay fish on the pan and place in position 2 of the oven. Cook 10 minutes, or until fish flakes easily with a fork. Turn fish over and brush with marinade halfway through cooking time.

Sprinkle with cilantro before serving.

Nutrition:

Calories 328

Total Fat: 24g

Saturated Fat: 4g

Total Carbs: 3g

Net Carbs: 3g

Protein: 25g

Sugar: 1g

Fiber: 0g

Sodium: 137mg

Potassium: 510mg

Phosphorus: 284mg

Tropical Shrimp Skewers

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 4

Ingredients:

1 tbsp. lime juice

1 tbsp. honey

¼ tsp red pepper flakes

¼ tsp pepper

¼ tsp ginger

Nonstick cooking spray

1 lb. medium shrimp, peel, devein & leave tails on

2 cups peaches, drain & chop

½ green bell pepper, chopped fine

¼ cup scallions, chopped

Directions:

Soak 8 small wooden skewers in water for 15 minutes.

In a small bowl, whisk together lime juice, honey and spices. Transfer 2 tablespoons of the mixture to a medium bowl.

Place the baking pan in position 2 of the oven. Lightly spray fryer basket with cooking spray. Set oven to broil on 400°F for 10 minutes.

Thread 5 shrimp on each skewer and brush both sides with marinade. Place in basket and after 5 minutes, place on the baking pan. Cook 4-5 minutes or until shrimp turn pink.

Add peaches, bell pepper, and scallions to reserved honey mixture, mix well. Divide salsa evenly between serving plates and top with 2 skewers each. Serve immediately.

Nutrition:

Calories 181

Total Fat: 1g

Saturated Fat: 0g

Total Carbs: 27g

Net Carbs: 25g

Protein: 16g

Sugar: 21g

Fiber: 2g

Sodium: 650mg

Potassium: 288mg

Phosphorus: 297mg

Seafood Mac n Cheese

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 8

Ingredients:

Nonstick cooking spray

16 oz. macaroni

7 tbsp. butter, divided

$\frac{3}{4}$ lb. medium shrimp, peel, devein, & cut in $\frac{1}{2}$ -inch pieces

$\frac{1}{2}$ cup Italian panko bread crumbs

1 cup onion, chopped fine

1 $\frac{1}{2}$ tsp garlic, diced fine

$\frac{1}{3}$ cup flour

3 cups milk

$\frac{1}{8}$ tsp nutmeg

$\frac{1}{2}$ tsp Old Bay seasoning

1 tsp salt

$\frac{3}{4}$ tsp pepper

1 $\frac{1}{3}$ cup Parmesan cheese, grated

1 $\frac{1}{3}$ cup Swiss cheese, grated

1 $\frac{1}{3}$ cup sharp cheddar cheese, grated

$\frac{1}{2}$ lb. lump crab meat, cooked

Directions:

Place wire rack in position 1 of the oven. Spray a 7x11-inch baking dish with cooking spray.

Cook macaroni according to package directions, shortening cooking time by 2 minutes. Drain and rinse with cold water.

Melt 1 tablespoon butter in a large skillet over med-high heat. Add shrimp and cook, stirring, until they turn pink. Remove from heat.

Melt remaining butter in a large saucepan over medium heat. Once melted, transfer 2 tablespoons to a small bowl and mix in bread crumbs.

Add onions and garlic to saucepan and cook, stirring, until they soften.

Whisk in flour and cook 1 minute, until smooth.

Whisk in milk until there are no lumps. Bring to a boil, reduce heat and simmer until thickened, whisking constantly.

Whisk in seasonings. Stir in cheese until melted and smooth. Fold in macaroni and seafood. Transfer to prepared dish. Sprinkle bread crumb mixture evenly over top.

Set oven to bake on 400°F for 25 minutes. After 5 minutes, place dish on the rack and bake 20 minutes, until topping is golden brown and sauce is bubbly. Let cool 5 minutes before serving.

Nutrition:

Calories 672

Total Fat: 26g

Saturated Fat: 15g

Total Carbs: 68g

Net Carbs: 61g

Protein: 39g

Sugar: 7g

Fiber: 7g

Sodium: 996mg

Potassium: 921mg

Phosphorus: 714mg

Cheesy Chicken Cutlets

Preparation Time: 20 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

¼cup parmesan

4 chicken breasts

1/8 teaspoon paprika

¼teaspoon pepper

2 tablespoons panko breadcrumbs

1 teaspoon parsley

½teaspoon garlic powder

1 bread loaf

Directions:

Preheat air fryer to 400 degrees F.

Take a bowl and mix in parmesan and panko.

Mix in garlic powder, pepper, paprika.

Mix well.

Wash and cut your chicken breasts.

Take a bowl and add water, take another bowl and add bread to the bowl. Gently mash it.

Cover chicken with panko mix and form chicken cutlets.

Add bread to your chicken cutlet and transfer cutlets to the air fryer.

Cook for 25 minutes.

Serve and enjoy!

Nutrition:

Calories: 703

Total Fat: 45g

Saturated Fat: 9g

Cholesterol: 181mg

Sodium: 585mg

Total Carbohydrates: 36g

Fiber: 2g

Sugar: 1g

Protein: 38g

Potassium: 385mg

Delicious Prawns and Sweet Potatoes

Preparation Time: 20 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

1 shallot, chopped

1 red chili pepper, seeded and chopped finely

12 king prawns, peeled and deveined

5 large sweet potatoes, peeled and cut into slices

4 lemongrass stalks

2 tablespoons dried rosemary

1/3 cup olive oil, divided

4 garlic cloves, minced

Smoked paprika, to taste

1 tablespoon honey

Directions:

Preheat the Air fryer to 355 o F and grease an Air fryer basket.

Mix $\frac{1}{4}$ cup of the olive oil, shallot, red chili pepper, garlic and paprika in a bowl.

Add prawns and coat evenly with the mixture.

Thread the prawns onto lemongrass stalks and refrigerate to marinate for about 3 hours.

Mix sweet potatoes, honey and rosemary in a bowl and toss to coat well.

Arrange the potatoes in the Air fryer basket and cook for about 15 minutes.

Remove the sweet potatoes from the Air fryer and set the Air fryer to 390 degrees F.

Place the prawns in the Air fryer basket and cook for about 5 minutes.

Dish out in a bowl and serve with sweet potatoes.

Nutrition:

Calories: 285

Fats: 3.8g

Carbohydrates: 51.6g

Sugar: 8g

Protein: 10.5g

Sodium: 235mg

Nutritious Salmon and Veggie Patties

Preparation Time: 15 minutes

Cooking Time: 7 minutes

Servings: 6

Ingredients:

3 large russet potatoes, boiled and mashed

1, 6-ounce salmon fillet

1 egg

$\frac{3}{4}$ cup frozen vegetables, parboiled and drained

1 cup breadcrumbs

2 tablespoons dried parsley, chopped

1 teaspoon dried dill, chopped

Salt and freshly ground pepper, to taste

$\frac{1}{4}$ cup olive oil

Directions:

Preheat the Air fryer to 355 o F and line a pan with foil paper.

Place salmon in the Air fryer basket and cook for about 5 minutes.

Dish out the salmon in a large bowl and flake with a fork.

Mix potatoes, egg, parboiled vegetables, parsley, dill, salt and black pepper until well combined.

Make 6 equal sized patties from the mixture and coat the patties evenly with breadcrumbs.

Drizzle with the olive oil and arrange the patties in the pan.

Transfer into the Air fryer basket and cook for about 12 minutes, flipping once in between.

Nutrition:

Calories: 334

Fat: 12.1g

Carbohydrates: 41g

Sugar: 4g

Protein: 12.6g

Sodium: 175mg

Chapter 3: Dinner Recipes

Sauce Glazed Meatloaf

Preparation Time: 10 minutes

Cooking Time: 55 minutes

Servings: 4

Ingredients :

1 lb. ground beef

½ onion chopped

1 egg

1 ½ garlic clove, minced

1 ½ tablespoon ketchup

1 ½ tablespoon fresh parsley, chopped

¼ cup breadcrumbs

2 tablespoons milk

Salt to taste

1 ½ teaspoon herb seasoning

¼ teaspoon black pepper

½ teaspoon ground paprika

Glaze:

¾ cup ketchup

1 ½ teaspoon white vinegar

2 ½ tablespoon brown sugar

1 teaspoon garlic powder

½ teaspoon onion powder

¼ teaspoon ground black pepper

¼ teaspoon salt

Directions:

Thoroughly mix ground beef with egg, onion, garlic, crumbs, and all the ingredients in a bowl.

Grease a meatloaf pan with oil or butter and spread the minced beef in the pan.

Press “Power Button” of Air Fry Oven and turn the dial to select the “Bake” mode.

Press the Time button and again turn the dial to set the cooking time to 40 minutes.

Now push the Temp button and rotate the dial to set the temperature at 375 degrees F.

Once preheated, place the beef baking pan in the oven and close its lid.

Meanwhile, prepare the glaze by whisking its ingredients in a saucepan.

Stir cook for 5 minutes until it thickens.

Brush this glaze over the meatloaf and bake it again for 15 minutes.

Nutrition:

Calories 134

Total Fat 4.7 g

Saturated Fat 0.6 g

Cholesterol 124mg

Sodium 1 mg

Total Carbs 54.1 g

Fiber 7 g

Sugar 3.3 g

Zucchini Beef Meatloaf

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 8

Ingredients :

2 lbs. ground beef

1 cup zucchini, shredded

2 eggs

3 garlic cloves minced

3 tablespoon Worcestershire sauce

3 tablespoon fresh parsley, chopped

3/4 cup Panko breadcrumbs

1/3 cup beef broth

Salt to taste

1/4 teaspoon ground black pepper

1/2 teaspoon ground paprika

Directions:

Thoroughly mix ground beef with egg, zucchini, onion, garlic, crumbs, and all the ingredients in a bowl.

Grease a meatloaf pan with oil or butter and spread the minced beef in the pan.

Press “Power Button” of Air Fry Oven and turn the dial to select the “Bake” mode.

Press the Time button and again turn the dial to set the cooking time to 40 minutes.

Now push the Temp button and rotate the dial to set the temperature at 375 degrees F.

Once preheated, place the beef baking pan in the oven and close its lid.

Slice and serve.

Nutrition:

Calories 387

Total Fat 6 g

Saturated Fat 9.9 g

Cholesterol 41 mg

Sodium 154 mg

Total Carbs 37.4 g

Fiber 2.9 g

Sugar 13 g

Protein 14.6 g

Greek Lamb Chops

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

2 lbs. lamb chops

2 tsp garlic, minced

1 ½ tsp dried oregano

¼ cup fresh lemon juice

¼ cup olive oil

½ tsp pepper

1 tsp salt

Directions:

Add lamb chops in a mixing bowl. Add remaining ingredients over the lamb chops and coat well.

Arrange lamb chops on the air fryer oven tray and cook at 400 F for 5 minutes.

Turn lamb chops and cook for 5 minutes more.

Serve and enjoy.

Nutrition:

Calories 538

Fat 29.4 g

Carbohydrates 1.3 g

Sugar 0.4 g

Protein 64 g

Cholesterol 204 mg

Easy Beef Roast

Preparation Time: 10 minutes

Cooking Time: 45 minutes

Servings: 6

Ingredients:

2 ½ lbs. beef roast

2 tbsp Italian seasoning

Directions:

Arrange roast on the rotisserie spit.

Rub roast with Italian seasoning then insert into the air fryer oven.

Air fry at 350 F for 45 minutes or until the roast's internal temperature reaches 145 F.

Slice and serve.

Nutrition:

Calories 365

Fat 13.2 g

Carbohydrates 0.5 g

Sugar 0.4 g

Protein 57.4 g

Cholesterol 172 mg

Herb Butter Rib-eye Steak

Preparation Time: 10 minutes

Cooking Time: 14 minutes

Servings: 4

Ingredients:

2 lb. rib eye steak, bone-in

1 tsp fresh rosemary, chopped

1 tsp fresh thyme, chopped

1 tsp fresh chives, chopped

2 tsp fresh parsley, chopped

1 tsp garlic, minced

¼ cup butter softened

Pepper

Salt

Directions:

Mix the butter plus herbs in a small bowl.

Rub herb butter on rib-eye steak and place it in the refrigerator for 30 minutes.

Place marinated steak on air fryer oven pan and cook at 400 F for 12-14 minutes.

Serve and enjoy.

Nutrition:

Calories 416

Fat 36.7 g

Carbohydrates 0.7 g

Sugar 0 g

Protein 20.3 g

Cholesterol 106 mg

Sesame Shrimp

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 4

Ingredients:

1 lb. shrimp; peeled and deveined

1 tbsp. olive oil

1 tbsp. sesame seeds, toasted

½ tsp. Italian seasoning

A pinch of salt and black pepper

Directions:

Take a bowl and mix the shrimp with the rest of the Ingredients: and toss well

Put the shrimp in the air fryer's basket, cook at 370°F for 12 minutes, divide into bowls and serve.

Nutrition:

Calories: 199

Fat: 11g

Fiber: 2g

Carbs: 4g

Protein: 11g

Salmon and Cauliflower Rice

Preparation Time: 30 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

4 salmon fillets; boneless

½ cup chicken stock

1 cup cauliflower, riced

1 tbsp. butter; melted

1 tsp. turmeric powder

Salt and black pepper to taste.

Directions:

In a pan that fits your air fryer, mix the cauliflower rice with the other Ingredients: except the salmon and toss

Arrange the salmon fillets over the cauliflower rice, put the pan in the fryer and cook at 360°F for 25 minutes, flipping the fish after 15 minutes

Divide everything between plates and serve

Nutrition:

Calories: 241

Fat: 12g

Fiber: 2g

Carbs: 6g

Protein: 12g

Eggs and Sausage with Keto Rolls

Preparation Time: 40 minutes

Cooking Time: 14 minutes

Servings: 6

Ingredients:

1 teaspoon dried dill weed

1 teaspoon mustard seeds

6 turkey sausages

3 bell peppers, seeded and thinly sliced

6 medium-sized eggs

1/2 teaspoon fennel seeds

1 teaspoon of sea salt

1/3 teaspoon freshly cracked pink peppercorns

Keto rolls:

1/2 cup ricotta cheese, crumbled

1 cup part-skim mozzarella cheese, shredded

1 egg

1/2 cup coconut flour

1/2 cup almond flour

1 teaspoon baking soda

2 tablespoons plain whey protein isolate

Directions:

Set your air fryer to cook at 325 degrees f. Cook the sausages and bell peppers in the air fryer cooking basket for 8 minutes.

Crack the eggs into the ramekins; sprinkle them with salt, dill weed, mustard seeds, fennel seeds, and cracked peppercorns—Cook an additional 12 minutes at 395 degrees f.

For the keto rolls, microwave the cheese for 1 minute 30 seconds, stirring twice. Add the cheese to the bowl of a food processor and blend well. Fold in the egg and mix again.

Add in the flour, baking soda, and plain whey protein isolate; blend again. Scrape the batter onto the center of a lightly greased cling film.

Form the dough into a disk and transfer to your freezer to cool; cut into 6 pieces and transfer to a parchment-lined baking pan (make sure to grease your hands).

Bake in the preheated air fryer oven at 400 degrees f for about 14 minutes.

Serve eggs and sausages on keto rolls.

Nutrition:

Calories 494

Fat 30.1g

Carbs 9.2g

Protein 45.1g

Sugars 2.3g

Fiber 2.1g

Bacon-Wrapped Turkey with Cheese

Preparation Time: 20 minutes

Cooking Time: 13 minutes

Servings: 2

Ingredients:

1 ½ small-sized turkey breast, chop into 12 pieces

12 thin slices asiago cheese

Paprika, to taste

sea salt

ground black pepper

12 rashers bacon

Directions:

Layout the bacon rashers; place 1 slice of asiago cheese on each bacon piece.

Top with turkey, season with paprika, salt, and pepper, and roll them up; secure with a cocktail stick.

Set on "Air Fry" at 365 degrees f for 13 minutes.

Nutrition:

Calories 568

Fat 34.6g

Carbs 0.7g

Protein 59g

Sugars 0.6g

Fiber 0.1g

Italian-Style Spicy Chicken Breasts

Preparation Time: 20 minutes

Cooking Time: 11 minutes

Servings: 4

Ingredients:

2 ounces Asiago cheese, cut into sticks
1/3 cup tomato paste
1/2 teaspoon garlic paste
2 chicken breasts, cut in half lengthwise
1/2 cup green onions, chopped
1 tablespoon chili sauce
1/2 cup roasted vegetable stock
1 tablespoon sesame oil
1 teaspoon salt
2 teaspoons unsweetened cocoa
1/2 teaspoon sweet paprika, or more to taste

Directions:

Sprinkle chicken breasts with the salt and sweet paprika; drizzle with chili sauce. Now, place a stick of asiago cheese in the middle of each chicken breast.

Then, tie the whole thing using a kitchen string; give a drizzle of sesame oil.

Transfer the stuffed chicken to the cooking basket. Put the other ingredients and toss to coat the chicken.

Afterward, cook for about 11 minutes at 395 degrees f. Serve the chicken on two serving plates, garnish with fresh or pickled salad and serve immediately.

Nutrition:

Calories 390

Fat 12.6g

Carbs 7.5g

Protein 54g

Sugars 4.5g

Fiber 1.7g

Ham and Cheese Rollups

Preparation Time: 5 minutes

Cooking Time: 8 minutes

Servings: 12

Ingredients:

2 tsp. raw honey

2 tsp. dried parsley

1 tbsp. poppy seeds

½ C. melted coconut oil

¼ C. spicy brown mustard

9 slices of provolone cheese

10 ounces of thinly sliced Black Forest Ham

1 tube of crescent rolls

Directions:

Roll out dough into a rectangle. Spread 2-3 tablespoons of spicy mustard onto the dough, then layer provolone cheese and ham slices. Roll the filled dough up as tight as you can and slice into 12-15 pieces.

Melt coconut oil and mix with a pinch of salt and pepper, parsley, honey, and the rest of the mustard.

Brush mustard mixture over roll-ups and sprinkle with poppy seeds. Grease the air fryer oven basket liberally with olive oil and add roll-ups.

Set oven to Air Fry at 350°F, and set time to 8 minutes.

Serve.

Nutrition:

Calories: 280

Carbs: 27g

Fat: 13g

Protein: 13g

Pork Taquitos

Preparation Time: 15 minutes

Cooking Time: 16 minutes

Servings: 8

Ingredients:

1 juiced lime

10 whole-wheat tortillas

2 ½ C. shredded mozzarella cheese

30 ounces of cooked and shredded pork tenderloin

Directions:

Ensure your air fryer oven is preheated to 380 degrees.

Drizzle pork with lime juice and gently mix.

Warm the tortillas in the microwave with a dampened paper towel to soften. Add about 3 ounces of pork and ¼ cup of shredded cheese to each tortilla.

Tightly roll them up. Spray the air fryer oven basket with a bit of olive oil.

Set oven to Air Fry at 380°F, and set time to 10 minutes. Air fry taquitos 7-10 minutes till tortillas turn a slight golden color, making sure to flip halfway through the cooking process.

Nutrition:

Calories: 210

Carbs: 25g

Fat: 9g

Protein: 7g

Juicy Pork Ribs Ole

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

1 rack of pork ribs

1/2 cup low-fat milk

1 tablespoon taco seasoning mix

1 can tomato sauce

1/2 teaspoon ground black pepper

1 teaspoon seasoned salt

1 tablespoon cornstarch

1 teaspoon canola oil

Directions:

Place all ingredients in a mixing dish; let them marinate for 1 hour.

Cook the marinated ribs approximately 25 minutes at 390 degrees F. Work with batches.

Enjoy

Nutrition:

Calories: 240

Carbs: 0g

Fat: 17g

Protein: 54g

Pork Tenders with Bell Peppers

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

11 oz Pork Tenderloin

1 Bell Pepper, in thin strips

1 Red Onion, sliced

2 tsp. Provencal Herbs

Black Pepper to taste

1 tbsp Olive Oil

1/2 tbsp Mustard

Directions:

Preheat the Air fryer oven to 390 degrees.

In the oven dish, mix the bell pepper strips with the onion, herbs, and salt plus pepper to taste.

Put half a tablespoon of olive oil to the batter.

Slice the pork tenderloin into four pieces and rub with salt, pepper, and mustard.

Thinly coat the pieces with remaining olive oil and place them upright in the oven pan on top of the pepper mixture.

Set it to 15 minutes, then roast the meat and the vegetables. Turn the pork meat and mix the peppers halfway through. Serve with a fresh salad.

Nutrition:

Calories: 310

Carbs: 30g

Fat: 9g

Protein: 28g

Cajun Bacon Pork Loin Fillet

Preparation Time: 1 hour & 15 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients:

1½ pounds pork loin fillet or pork tenderloin

3 tablespoons olive oil

2 tablespoons Cajun Spice Mix

Salt

6 slices bacon

Olive oil spray

Directions:

Slice the pork in half so that it will fit in the air fryer basket.

Place both pieces of meat in a resealable plastic bag. Add the oil, Cajun seasoning, and salt to taste, if using.

Seal the bag and massage to coat all of the meat with the oil and seasonings. Marinate in the fridge within 1 hour or up to 24 hours.

Remove the pork from the bag and wrap 3 bacon slices around each piece. Spray the Air Fryer Oven basket with olive oil spray. Place the meat in the Air Fryer Oven basket.

Set oven to Air Fry at 350°F for 15 minutes. Increase the temperature to 400°F for 5 minutes. Use a meat

thermometer to ensure the meat has reached an internal temperature of 145°F.

Let the meat rest for 10 minutes. Slice into 6 medallions and serve.

Nutrition:

Calories: 190

Carbs: 5g

Fat: 9g

Protein: 23g

Scotch Eggs

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 8

Ingredients:

2 pounds ground pork or ground beef

2 teaspoons sea salt

½ teaspoon ground black pepper

8 large hard-boiled eggs, peeled

2 cups of pork dust

Dijon mustard, for serving (optional)

Directions:

Spray the Air Fryer Oven basket using the avocado oil.

Preheat the air fryer oven to 400°F.

Put the ground pork in a bowl, put the salt and pepper, and use your hands to mix until seasoned throughout.

Flatten about ¼ pound of ground pork in the palm of your hand and place a peeled egg in the center. Fold the pork

entirely around the egg.

Repeat with the remaining eggs. Place the pork dust in a medium-sized bowl.

One at a time, roll the ground pork-covered eggs in the pork dust and use your hands to press it into the eggs to form a nice crust.

Place the eggs in the Air Fryer Oven basket and spray them with avocado oil.

Set oven to Air Fry at 400°F. Cook the eggs for 15 minutes, or until the pork's internal temperature reaches 145°F and the outside is golden brown.

Garnish with ground black pepper and serve with Dijon mustard, if desired.

Nutrition:

Calories: 306

Carbs: 20g

Fat: 19g

Protein: 12g

Asian Pork Chops

Preparation Time: 2 hours & 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

1/2 cup hoisin sauce

3 tablespoons cider vinegar

1 tablespoon Asian sweet chili sauce

1/4 teaspoon garlic powder

4 (1/2-inch-thick) boneless pork chops

1 teaspoon salt

1/2 teaspoon pepper

Directions:

Stir hoisin, chili sauce, garlic powder, plus vinegar in a mixing bowl.

Separate 1/4 cup of this batter, add pork chops to the bowl and marinate in the fridge for 2 hours. Remove the pork chops and place them on a plate.

Sprinkle each side of the pork chop evenly with salt and pepper.

Cook at 360 degrees for 14 minutes, flipping halfway through.

Nutrition:

Calories: 359

Carbs: 5g

Fat: 8g

Protein: 50g

BBQ Riblets

Preparation Time: 15 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

1 rack pork riblets, cut into individual riblets

1 teaspoon fine sea salt

1 teaspoon ground black pepper

Sauce:

¼ cup apple cider vinegar

¼ cup beef broth

¼ cup Swerve confectioners'-style sweetener or powdered sweetener

¼ cup tomato sauce

1 teaspoon liquid smoke

1 teaspoon onion powder

2 cloves garlic, minced

Directions:

Spray the Air Fryer Oven basket with avocado oil. Preheat the air fryer oven to 350°F. Season the riblets well on all sides with the salt and pepper.

Place the riblets in the air fryer basket, then onto the Baking Pan. Set oven to Air Fry at 350°F, and cook for 10 minutes, flipping halfway through.

While the riblets cook, mix all the sauce ingredients in a 6-inch pie pan.

Remove the riblets, and place them in the pie pan with the sauce. Stir to coat the riblets in the sauce.

Transfer the pan to the Air Fryer Oven and cook for 10 to 15 minutes, until the pork is cooked through and the internal temperature reaches 145°F. Serve.

Nutrition:

Calories: 220

Carbs: 35g

Fat: 4g

Protein: 18g

Bacon-Wrapped Stuffed Pork Chops

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 (1-inch-thick) boneless pork chops

2 (5.2-ounce) packages Boursin cheese

8 slices thin-cut bacon

Directions:

Grease the Air Fryer Oven basket with avocado oil. Preheat the air fryer oven to 400°F.

Place one of the chops on a cutting board. Make a 1-inch-wide incision on the top edge of the chop.

Carefully cut into the chop to form a large pocket, leaving a ½-inch border along the sides and bottom. Repeat with the other 3 chops. Snip the corner of a large resealable plastic bag to form a ¾-inch hole.

Place the Boursin cheese in the bag and pipe the cheese into the pockets in the chops, dividing the cheese evenly among them.

Wrap 2 slices of bacon around each chop and secure the ends with toothpicks.

Place the bacon-wrapped chops in the Air Fryer Oven basket. Set oven to Air Fry at 400°F and cook for 10 minutes, then flip the chops and cook for another 8 to 10 minutes, until the bacon is crisp, the chops are cooked through, and the internal temperature reaches 145°F.

Nutrition:

Calories: 150

Carbs: 1g

Fat: 6g

Protein: 22g

Panko-Breaded Pork Chops

Preparation Time: 15 minutes

Cooking Time: 12 minutes

Servings: 6

Ingredients:

5 (3½- to 5-ounce) pork chops

Seasoning salt

Pepper

¼ cup all-purpose flour

2 tablespoons panko bread crumbs

Cooking oil

Directions:

Rub the pork chops using a salt and pepper to taste.

Put the flour on both sides of the pork chops, then coat both sides with panko bread crumbs.

Put the pork chops in the air fryer basket. Stacking them is okay.

Spray the pork chops with cooking oil. Set oven to Air Fry at 400°F. Cook for 6 minutes.

Flip the pork chops. Cook for an additional 6 minutes. Cool before serving.

Nutrition:

Calories: 253

Carbs: 7g

Fat: 14g

Protein: 26g

Cajun Pork Steaks

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 6

Ingredients:

4-6 pork steaks

BBQ sauce:

Cajun seasoning

1 tbsp. vinegar

1 tsp. low-sodium soy sauce

½ C. brown sugar

½ C. vegan ketchup

Directions:

Ensure your air fryer oven is preheated to 290 degrees.

Sprinkle pork steaks with Cajun seasoning.

Combine remaining ingredients and brush onto steaks. Add coated steaks to Air Fryer Oven basket.

Set oven to "Air Fry" at 290°F, and set time to 20 minutes.

Cook 15-20 minutes till just browned.

Nutrition:

Calories: 229

Carbs: 2g

Fat: 10g

Protein: 32g

Porchetta-Style Pork Chops

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

1 tablespoon extra-virgin olive oil

Grated zest of 1 lemon

2 cloves garlic, minced

2 teaspoons chopped fresh rosemary

1 teaspoon finely chopped fresh sage

1 teaspoon fennel seeds, lightly crushed

¼ to ½ teaspoon red pepper flakes

1 teaspoon kosher salt

1 teaspoon black pepper

(8-ounce) center-cut bone-in pork chops, about 1 inch thick

Directions:

In a small bowl, combine the olive oil, zest, garlic, rosemary, sage, fennel seeds, red pepper, salt, and black pepper.

Stir, crushing the herbs with the back of a spoon, until a paste form. Rub the seasoning mix on each side of the pork chops.

Put the chops inside the air fryer basket—set oven to "Air Fry" at 375°F for 15 minutes. Serve.

Nutrition:

Calories: 250

Carbs: 15g

Fat: 9g

Protein: 34g

Classic Chicken Nuggets

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1 ½ pounds chicken tenderloins, cut into small pieces

1/2 teaspoon garlic salt

1/2 teaspoon cayenne pepper

1/4 teaspoon black pepper, freshly cracked

4 tablespoons olive oil

2 scoops low-carb unflavored protein powder

4 tablespoons parmesan cheese, freshly grated

Directions:

Warm your air fryer to 390 degrees f.

Season each piece of the chicken with garlic salt, cayenne pepper, and black pepper.

In a mixing bowl, thoroughly combine the olive oil with protein powder and parmesan cheese. Dip each piece of chicken in the parmesan mixture.

Cook for 8 minutes, working in batches.

Afterward, if you want to warm the chicken nuggets, add them to the basket and cook for 1 minute more.

Nutrition:

Calories 327

Fat 17g

Carbs 1.3g

Protein 40g

Sugars 0.2g

Fiber 1g

Thai Chicken with Bacon

Preparation Time: 50 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 rashers smoked bacon

2 chicken fillets

1/2 teaspoon coarse sea salt

1/4 teaspoon black pepper, preferably freshly ground

1 teaspoon garlic, minced

1 (2-inch piece ginger, peeled and minced

1 teaspoon black mustard seeds

1 teaspoon mild curry powder

1/2 cup coconut milk

1/2 cup parmesan cheese, grated

Directions:

Warm your air fryer to 400 degrees f. Add the smoked bacon and cook in the preheated air fryer for 5 to 7 minutes.

Reserve.

In a mixing bowl, place the chicken fillets, salt, black pepper, garlic, ginger, mustard seeds, curry powder, and milk. Let it marinate in your refrigerator for about 30 minutes.

In another bowl, place the grated parmesan cheese.

Dredge the chicken fillets through the parmesan mixture and transfer them to the cooking basket. Reduce the temperature to 380 degrees f and cook the chicken for 6 minutes.

Turn them over and cook for a further 6 minutes. Repeat the process until you have run out of ingredients. Serve with reserved bacon. Enjoy!

Nutrition:

Calories 612

Fat 44.1g

Carbs 8.6g

Protein 52g

Sugars 2.5g

Fiber 2.1g

Tilapia and Salsa

Preparation Time: 20 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

4 tilapia fillets; boneless

12 oz. canned tomatoes; chopped.

2 tbsp. green onions; chopped.

2 tbsp. sweet red pepper; chopped.

1 tbsp. balsamic vinegar

1 tbsp. olive oil

A pinch of salt and black pepper

Directions:

Arrange the tilapia in a baking sheet that fits the air fryer and season with salt and pepper.

In a bowl, combine all the other ingredients , toss and spread over the fish

Introduce the pan in the fryer and cook at 350°F for 15 minutes

Divide the mix between plates and serve.

Nutrition:

Calories: 221

Fat: 12g

Fiber: 2g

Carbs: 5g

Protein: 14g

Easy Ritzy Chicken Nuggets

Preparation Time: 20 minutes

Cooking Time: 8 minutes

Servings: 4

Ingredients:

1 ½ pounds chicken tenderloins, cut into small pieces

1/2 teaspoon garlic salt

1/2 teaspoon cayenne pepper

1/4 teaspoon black pepper, freshly cracked

4 tablespoons olive oil

1/3 cup saltines (e.g. Ritz crackers), crushed

4 tablespoons Parmesan cheese, freshly grated

Directions:

Start by preheating your Air Fryer to 390 degrees F.

Season each piece of the chicken with garlic salt, cayenne pepper, and black pepper.

In a mixing bowl, thoroughly combine the olive oil with crushed saltines. Dip each piece of chicken in the cracker mixture.

Finally, roll the chicken pieces over the Parmesan cheese. Cook for 8 minutes, working in batches.

Later, if you want to warm the chicken nuggets, add them to the basket and cook for 1 minute more. Serve with French fries, if desired.

Nutrition:

Calories 355

Fat 20.1g

Carbs 5.3g

Protein 36.6g

Sugars 0.2g

Asian Chicken Filets With Cheese

Preparation Time: 50 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

4 rashers smoked bacon

2 chicken filets

1/2 teaspoon coarse sea salt

1/4 teaspoon black pepper, preferably freshly ground

1 teaspoon garlic, minced

1 (2-inch) piece ginger, peeled and minced

1 teaspoon black mustard seeds

1 teaspoon mild curry powder

1/2 cup coconut milk

1/3 cup tortilla chips, crushed

1/2 cup Pecorino Romano cheese, freshly grated

Directions:

Start by preheating your Air Fryer to 400 degrees F. Add the smoked bacon and cook in the preheated Air Fryer for 5 to 7 minutes. Reserve.

In a mixing bowl, place the chicken fillets, salt, black pepper, garlic, ginger, mustard seeds, curry powder, and milk. Let it marinate in your refrigerator about 30 minutes.

In another bowl, mix the crushed chips and grated Pecorino Romano cheese.

Dredge the chicken fillets through the chips mixture and transfer them to the cooking basket. Reduce the temperature to 380 degrees F and cook the chicken for 6 minutes.

Turn them over and cook for a further 6 minutes. Repeat the process until you have run out of ingredients.

Serve with reserved bacon. Enjoy!

Nutrition:

Calories 376

Fat 19.6g

Carbs 12.1g

Protein 36.2g

Sugars 3.4g

Paprika Chicken Legs With Brussels Sprouts

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

2 chicken legs

1/2 teaspoon paprika

1/2 teaspoon kosher salt

1/2 teaspoon black pepper

1-pound Brussels sprouts

1 teaspoon dill, fresh or dried

Directions:

Start by preheating your Air Fryer to 370 degrees F.

Now, season your chicken with paprika, salt, and pepper. Transfer the chicken legs to the cooking basket. Cook for 10 minutes.

Flip the chicken legs and cook an additional 10 minutes. Reserve.

Add the Brussels sprouts to the cooking basket; sprinkle with dill. Cook at 380 degrees F for 15 minutes, shaking the basket halfway through.

Serve with the reserved chicken legs. Bon appétit!

Nutrition:

Calories 355

Fat 20.1g

Carbs 5.3g

Protein 36.6g

Sugars 0.2g

Garlic Tilapia

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 tilapia fillets; boneless

1 bunch kale; chopped.

2 garlic cloves; minced

3 tbsp. olive oil

1 tsp. fennel seeds

½ tsp. red pepper flakes, crushed

Salt and black pepper to taste.

Directions:

In a pan that fits the fryer, combine all the ingredients, put the pan in the fryer and cook at 360°F for 20 minutes

Divide everything between plates and serve.

Nutrition:

Calories: 240

Fat: 12g

Fiber: 2g

Carbs: 4g

Protein: 12g

Trout and Mint

Preparation Time: 21 minutes

Cooking Time: 16 minutes

Servings: 4

Ingredients:

1 avocado, peeled, pitted and roughly chopped.

4 rainbow trout

1/3 pine nuts

1 cup olive oil+ 3 tbsp.

1 cup parsley; chopped.

3 garlic cloves; minced

½ cup mint; chopped.

Zest of 1 lemon

Juice of 1 lemon

A pinch of salt and black pepper

Directions:

Pat dry the trout, season with salt and pepper and rub with 3 tbsp. oil

Put the fish in your air fryer's basket and cook for 8 minutes on each side. Divide the fish between plates and drizzle half of the lemon juice all over

In a blender, combine the rest of the oil with the remaining lemon juice, parsley, garlic, mint, lemon zest, pine nuts and the avocado and pulse well. Spread this over the trout and serve.

Nutrition:

Calories: 240

Fat: 12g

Fiber: 4g

Carbs: 6g

Protein: 9g

Salmon and Coconut Sauce

Preparation Time: 25 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 salmon fillets; boneless

1/3 cup heavy cream

1/4 cup lime juice

1/2 cup coconut; shredded

1/4 cup coconut cream

1 tsp. lime zest; grated

A pinch of salt and black pepper

Directions:

Take a bowl and mix all the Ingredients: except the salmon and whisk.

Arrange the fish in a pan that fits your air fryer, drizzle the coconut sauce all over, put the pan in the machine and cook at 360°F for 20 minutes

Divide between plates and serve

Nutrition:

Calories: 227

Fat: 12g

Fiber: 2g

Carbs: 4g

Protein: 9g

Simple Salmon

Preparation Time: 22 minutes

Cooking Time: 12 minutes

Servings: 2

Ingredients:

2 (4-oz. salmon fillets, skin removed

1 medium lemon.

2 tbsp. unsalted butter; melted.

½ tsp. dried dill

½ tsp. garlic powder.

Directions:

Place each fillet on a 5" × 5" square of aluminum foil.

Drizzle with butter and sprinkle with garlic powder.

Zest half of the lemon and sprinkle zest over salmon. Slice other half of the lemon and lay two slices on each piece of salmon. Sprinkle dill over salmon

Gather and fold foil at the top and sides to fully close packets. Place foil packets into the air fryer basket. Adjust the temperature to 400 Degrees F and set the timer for 12 minutes

Salmon will be easily flaked and have an internal temperature of at least 145 Degrees F when fully cooked.

Nutrition:

Calories: 252

Protein: 29g

Fiber: 4g

Fat: 15g

Carbs: 2g

BBQ Pork Chops

Preparation Time: 10 minutes

Cooking Time: 7 minutes

Servings: 4

Ingredients:

4 pork chops

For rub:

½ tsp allspice

½ tsp dry mustard

1 tsp ground cumin

1 tsp garlic powder

½ tsp chili powder

½ tsp paprika

1 tbsp brown sugar

1 tsp salt

Directions:

Mix all the rub fixings in a small bowl and rub all over pork chops.

Arrange pork chops on air fryer tray and air fry at 400 F for 5.

Turn pork chops on its other side and air fry for 2 minutes more.

Serve and enjoy.

Nutrition:

Calories 273

Fat 20.2 g

Carbohydrates 3.4 g

Sugar 2.4 g

Protein 18.4 g

Cholesterol 69 mg

Simple Beef Patties

Preparation Time: 10 minutes

Cooking Time: 13 minutes

Servings: 4

Ingredients:

1 lb. ground beef

½ tsp garlic powder

¼ tsp onion powder

Pepper

Salt

Directions:

Preheat the air fryer oven to 400 F.

Add ground meat, garlic powder, onion powder, pepper, and salt into the mixing bowl and mix until well combined.

Make even shape patties from meat mixture and arrange at air fryer pan.

Cook patties for 10 minutes. Turn patties after 5 minutes.
Serve and enjoy.

Nutrition:

Calories 212

Fat 7.1 g

Carbohydrates 0.4 g

Sugar 0.1 g

Protein 34.5 g

Cholesterol 101 mg

Marinated Pork Chops

Preparation Time: 10 minutes

Cooking Time: 30 minutes

Servings: 2

Ingredients:

2 pork chops, boneless

1 tsp garlic powder

½ cup flour

1 cup buttermilk

Pepper

Salt

Directions:

Add pork chops and buttermilk in a zip-lock bag. Seal the bag and place it properly in the refrigerator overnight.

In another zip-lock bag, add flour, garlic powder, pepper, and salt.

Remove marinated pork chops from buttermilk and add in flour mixture and shake until well coated.

Preheat the air fryer oven to 380 F.

Grease air fryer tray with cooking spray.

Arrange pork chops on a tray and air fryer for 28-30 minutes.

Turn pork chops after 18 minutes. Serve and enjoy.

Nutrition:

Calories 424

Fat 21.3 g

Carbohydrates 30.8 g

Sugar 6.3 g

Protein 25.5 g

Cholesterol 74 mg

Beef with Orzo Salad

Preparation Time: 10 minutes

Cooking Time: 27 minutes

Servings: 4

Ingredients :

2/3 lbs. beef shoulder, cubed

1 teaspoon ground cumin

½ teaspoon cayenne pepper

1 teaspoon sweet smoked paprika

1 tablespoon olive oil

24 cherry tomatoes

½ cup orzo, boiled

½ cup frozen pea

1 large carrot, grated

Small pack coriander, chopped

Small pack mint, chopped

Juice 1 lemon

2 tablespoon olive oil

Directions:

Toss tomatoes and beef with oil, paprika, pepper, and cumin in a bowl.

Alternatively, thread the beef and tomatoes on the skewers.

Place these beef skewers in the Air fry basket.

Press “Power Button” of Air Fry Oven and turn the dial to select the “Air fryer” mode.

Press the Time button and again turn the dial to set the cooking time to 25 minutes.

Now push the Temp button and rotate the dial to set the temperature at 370 degrees F.

Once preheated, place the Air fryer basket in the oven and close its lid.

Flip the skewers when cooked halfway through then resume cooking.

Meanwhile, sauté carrots and peas with olive oil in a pan for 2 minutes.

Stir in mint, lemon juice, coriander, and cooked couscous.

Serve skewers with the couscous salad.

Nutrition:

Calories 231

Total Fat 20.1 g

Saturated Fat 2.4 g

Cholesterol 110 mg

Sodium 941 mg

Total Carbs 20.1 g

Fiber 0.9 g

Sugar 1.4 g

Protein 14.6 g

Beef Zucchini Shashliks

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

1lb. beef, boned and diced

1 lime, juiced and chopped

3 tablespoon olive oil

20 garlic cloves, chopped

1 handful rosemary, chopped

3 green peppers, cubed

2 zucchinis, cubed

2 red onions, cut into wedges

Directions:

Toss the beef with the rest of the skewer's ingredients in a bowl.

Thread the beef, peppers, zucchini, and onion on the skewers.

Place these beef skewers in the Air fry basket.

Press "Power Button" of Air Fry Oven and turn the dial to select the "Air fryer" mode.

Press the Time button and again turn the dial to set the cooking time to 25 minutes.

Now push the Temp button and rotate the dial to set the temperature at 370 degrees F.

Once preheated, place the Air fryer basket in the oven and close its lid.

Flip the skewers when cooked halfway through then resume cooking.

Serve warm.

Nutrition:

Calories 472

Total Fat 11.1 g

Saturated Fat 8 g

Cholesterol 610 mg

Sodium 749 mg

Total Carbs 19.9 g

Fiber 0.2 g

Sugar 0.2 g

Protein 13.5 g

Chapter 4: Snacks

Bacon Chicken Roll

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

6 chicken breast ribs, cleaned

6 slices of bacon

Garlic, salt, and black pepper to taste

Wood sticks

Directions:

Preheat the air fryer. Set the time of 5 minutes and the temperature to 200°C. At the end of that time, the air fryer will turn off.

Season the chicken with garlic, pepper, and salt to taste. Place each chicken roll on a slice of bacon and roll it. Prick with a stick to secure.

Place in the basket of the air fryer. Set the time of 20 minutes and press the power button. Shake the basket halfway through to get golden rolls evenly.

Once ready, transfer to a plate and serve

Nutrition:

Calories: 217

Proteins: 29.0g

Carbohydrates: 5.8g

Lipids: 8.8g

Sugars: 0.6g

Cholesterol: 80.4mg

Spicy Potato Chips

Preparation Time: 5 minutes

Cooking Time: 60 minutes

Servings: 5

Ingredients:

1 pound of red potatoes for cooking, in ½ inch (4 medium) pieces

2 tsp olive oil

1 tbsp cornmeal

1 tsp spicy condiments

Directions:

Put the potatoes in a large bowl, cover them with water, and let them soak for 30 minutes.

Drain them, dry them with paper towels, and return them to the bowl. Combine oil with cornmeal and seasonings in a small bowl. Pour the oil mixture over the potatoes and stir to cover them well.

Put the potatoes inside the basket. Cook at a temperature of 400°F for 26 to 30 minutes, stirring or stirring twice during cooking.

Nutrition:

Calories: 112

Fat: 7g

Carbohydrates: 9g

Protein: 1g

Sugar: 0g

Cholesterol: 0mg

Crispy Apple and Pear with Oatmeal

Preparation Time: 5 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

¼ cup plus 2 tbsp quick-cooking oatmeal

3 tbsp common flour

2 tbsp packed brown sugar

½ tsp ground condiments for pumpkin pies, divided

1½ tbsp butter in small pieces

1 medium apple (8 ounces) Golden Delicious, peeled, without center and chopped

1 medium pear (8 ounces), peeled and chopped

1 tsp lemon juice

4 ounces mascarpone cheese

½ tbsp of sugar

½ tsp vanilla essence

Directions:

Preheat the air fryer to a temperature of 350°F. Combine oatmeal, flour, brown sugar, and ¼ teaspoon of pumpkin pie seasonings in a medium bowl. Add the butter, and using your fingers or kneader, incorporating it until it becomes crumb; set it aside.

Mix the apple pieces and pears, Sprinkle with lemon juice and pumpkin pie seasonings. Pour this mixture into a 1-quart oven-safe container that fits comfortably inside the basket. Spray the reserved oatmeal mixture over the fruit

pieces evenly. Cook for 30 minutes or until the fruit becomes soft. Remove the container from the fryer and let it cool slightly.

While the crunch is cooling, mix the mascarpone cheese, sugar, and vanilla in a small bowl. Put a portion of the mascarpone cheese mixture on the crunch.

Nutrition:

Calories: 81

Fat: 3g

Carbohydrates: 12g

Protein: 1g

Sugar: 3g

Cholesterol: 0mg

Buns with Carrots and Nuts

Preparation Time: 5 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

½ cup whole-grain flour

¼ cup of sugar

½ tsp baking soda

¼ tsp cinnamon

⅛ tsp nutmeg

½ cup grated carrots

2 tbsp chopped walnuts

2 tbsp grated coconut

2 tbsp golden raisins

1 egg

1 tbsp milk

½ tsp vanilla essence

¼ cup applesauce

Directions:

Preheat the fryer to a temperature of 350°F. Grease the bottom of 4 muffin molds or glass cups for custard, or magazine with muffin papers. Combine flour, sugar, baking soda, cinnamon, and nutmeg in a medium bowl. Add carrots, nuts, coconut, and raisins to the flour mixture.

Beat together the egg, milk, and vanilla in a small bowl. Add the applesauce. Put the flour mixture and stir until well incorporated.

Fill the prepared molds or cups with an equal amount of dough (⅓ cup) and then put them inside the basket. Cook for 15 minutes, then let them cool in the molds for 5 minutes before removing.

Nutrition:

Calories: 195

Fat: 11.04g

Carbohydrates: 24.25g

Protein: 2.22g

Sugar: 15.15g

Cholesterol: 67mg

Pine Skewers Aceto Reduction

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 2

Ingredients:

1 small can of pineapple in its juice

Necessary quantity Peeled prawns

Skewers Sticks

For the sauce:

150 ml of Balsamic Aceto

120g of sugar

Directions:

Open a small can of pineapple in its juice and drain well.

Cut the pineapple slices into four parts and set aside.

Peel the prawns and take out the tail.

Preheat the air fryer at 1800C temperature for a few minutes and put the skewers in the basket. Program the timer about 10 minutes at 18000C.

To prepare the balsamic Aceto sauce: place the Aceto and sugar in a small pot. Reduce over low heat until it thickens but without letting caramel.

Let stand until it cools.

Nutrition:

Calories: 226g

Fat: 2g

Carbohydrates: 36g

Proteins: 16g

Cholesterol: 156mg

Simple Basil Tomatoes

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 2

Ingredients:

3 tomatoes

Olive oil cooking spray

Salt and pepper to taste

1 tablespoon fresh basil, chopped

Directions:

Cut tomatoes in halves and drizzle them well with cooking spray.

Sprinkle salt, pepper, and basil.

Press “Power Button” on your Air Fryer and select “Air Fry” mode.

Press the Time Button and set time to 20 minutes.

Push Temp Button and set temp to 320 degrees F.

Press the “Start/Pause” button and start the device.

Once the appliance beeps to indicated that it is pre-heated, arrange tomatoes in Air Fryer cooking basket, let them cook
▪

Once done, serve warm and enjoy!

Nutrition:

Calories: 34

Fat: 0.4 g

Saturated Fat: 0.1 g

Carbohydrates: 7 g

Fiber: 2 g

Sodium: 87 mg

Protein: 1.7 g

Tasty Fish Nuggets

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1-pound fresh cod

2 tablespoons olive oil

½ cup almond flour

2 larges finely beaten eggs

1-2 cups almond meal

Salt as needed

Directions:

Preheat your Air Fryer to 388 degrees F in “AIR FRY” mode.

Take a food processor and add olive oil, almond meal, salt and blend.

Take three bowls and add almond flour, almond meal, beaten eggs individually.

Take costs and cut them into slices of 1-inch thickness and 2-inch length.

Dredge slices into flour, eggs and in crumbs.

Transfer nuggets to Air Fryer cooking basket and cook for 10 minutes until golden.

Serve and enjoy!

Nutrition:

Calories: 400

Fat: 17 g

Saturated Fat: 2 g

Carbohydrates: 24 g

Fiber: 1 g

Sodium: 456 mg

Protein: 35 g

Cumin and Squash Chili

Preparation Time: 10 minutes

Cooking Time: 16 minutes

Servings: 4

Ingredients:

1 medium butternut squash

2 teaspoons cumin seeds

1 large pinch chili flakes

1 tablespoon olive oil

1 and ½ ounces pine nuts

1 small bunch fresh coriander, chopped

Directions:

Take the squash and slice it.

Remove seeds and cut into smaller chunks.

Take a bowl and add chunked squash, spice and oil.

Mix well.

Pre-heat your Fryer to 360 degrees F and add the squash to the cooking basket in “AIR FRY” mode.

Roast for 20 minutes, making sure to shake the basket from time to time to avoid burning.

Take a pan and place it over medium heat, add pine nuts to the pan and dry toast for 2 minutes.

Sprinkle nuts on top of the squash and serve.

Enjoy!

Nutrition:

Calories: 339

Fat: 4 g

Saturated Fat: 1 g

Carbohydrates: 40 g

Fiber: 17 g

Sodium: 525 mg

Protein: 17 g

Feisty Banana Fritters

Preparation Time: 10 minutes

Cooking Time: 16 minutes

Servings: 4

Ingredients:

1 medium butternut squash

2 teaspoons cumin seeds

1 large pinch chili flakes

1 tablespoon olive oil

1 and ½ ounces pine nuts

1 small bunch fresh coriander, chopped

Directions:

Preheat your Air Fryer to 340 degrees F in “AIR FRY” mode.

Take a bowl and add salt, sesame seeds, water and mix them well until a nice batter form.

Coat the bananas with the flour mixture and transfer them to the fryer basket.

Cook for 8 minutes.

Enjoy!

Nutrition:

Calories: 244

Fat: 0.4 g

Saturated Fat: 1 g

Carbohydrates: 38 g

Fiber: 3 g

Sodium: 22 mg

Protein: 5 g

Curly Fries

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

2 potatoes

1 tablespoon extra-virgin olive oil

1 teaspoon pepper

1 teaspoon salt

1 teaspoon paprika

Directions:

Preheat your Air Fryer to 350 degrees F in "AIR FRY" mode.

Wash potatoes thoroughly and pass them through a spiralizer to get curly shapes.

Take a bowl and add potatoes to the bowl, toss, and coat well with pepper, salt, oil, and paprika.

Transfer the curly fries to Air Fryer cooking basket and cook for 15 minutes.

Sprinkle more salt and paprika, serve and enjoy!

Nutrition:

Calories: 150

Fat: 4 g

Saturated Fat: 0 g

Carbohydrates: 25 g

Fiber: 3 g

Sodium: 9 mg

Protein: 3 g

Italian Meatballs

Preparation Time: 5 minutes

Cooking Time: 25 minutes

Servings: 4

Ingredients:

227g ground beef

28g of breadcrumbs

30 ml of milk

1 egg

3g garlic powder

2g onion powder

2g dried oregano

2g dried parsley

Salt and pepper to taste

15g grated Parmesan cheese

Spray oil

Directions:

Mix ground meat, breadcrumbs, eggs, spices, salt, pepper, and Parmesan.

Create small balls with the meat mixture. Place them in the refrigerator for 10 minutes.

Select Preheat in the air fryer and press Start/Pause.

Remove the meatballs from the refrigerator and place them in the baskets of the preheated air fryer. Spray the meatballs with oil spray and cook at 205°C for 8 minutes.

Serve with marinara sauce and grated Parmesan cheese.

Nutrition:

Calories: 286

Fat: 22.21g

Carbohydrates: 18.1g

Protein: 14.40g

Sugar: 3.47g

Cholesterol: 66mg

Japanese Meatballs

Preparation Time: 10 minutes

Cooking Time: 25 minutes

Servings: 3

Ingredients:

16 oz ground beef
15 ml sesame oil
18g miso paste
10 fresh mint leaves, finely chopped
4 scallions, finely chopped
5g of salt
1 g black pepper
45 ml of soy sauce
45 ml mirin
45 ml of water
3g brown sugar

Directions:

Mix the ground beef, sesame oil, miso paste, mint leaves, chives, salt, and pepper until everything is well bonded.

Add a small amount of sesame oil to your hands and create 51 mm meatballs with the mixture. You should have eight meatballs approximately.

Let the meatballs cool in the refrigerator for 10 minutes.

Create the sauce by mixing the soy sauce, the mirin, the water, and the brown sugar. Leave aside.

Preheat the air fryer by pressing Start/Pause.

Arrange the chilled meatballs in the preheated air fryer.

Select Steak set the time to 10 minutes and press Start/Pause.

Freely brush the meatballs with the glaze every 2 minutes.

Nutrition:

Calories: 724

Fat: 31g

Carbohydrates: 80g

Proteins: 31g

Sugar: 0g

Avocado Fries

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1/2 cup all-purpose flour

1-1/2 teaspoons pepper

2 eggs

1 tablespoon water

1/2 cup panko

2 avocados

Cooking spray

1/4 teaspoon kosher salt

Directions:

Cut the avocado into 8 wedges each.

Beat the eggs and water in a bowl. Combine the flour and pepper in another bowl.

Place the panko on a plate. Toss the avocado wedges in flour, dip them in egg, then dredge them through the panko.

Spray each wedge with cooking spray and transfer it to the basket.

Cook wedges in the air fryer at 390°F for 10 minutes, tossing at least once.

Sprinkle with salt and serve.

Nutrition:

Calories: 349

Fiber: 8 g

Fat: 22.7 g

Carbs: 31 g

Protein: 8.2 g.

Veggie Fritters

Preparation Time: 20 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

2 cups shredded zucchini

2 cups shredded carrots

2 cloves garlic

2/3 cups all-purpose flour

2 eggs

1/3 cup scallions

Salt and pepper, to taste

Cooking spray

Directions:

Shred the zucchini and carrots, mince the garlic, and chop scallions using both the white and green portions.

Season the zucchini with salt, then press it in a colander, and let it sit for 10 minutes.

Use your hands to squeeze out as much liquid as possible from the zucchini.

Beat the eggs. Combine all the ingredients in a large bowl and mix well.

Spray your basket, then scoop small balls of the mixture into the basket giving them room to expand.

Spray the tops of the balls with oil.

Cook at 360°F for 10 minutes, flipping the fritters at the halfway point.

Nutrition:

Calories: 144

Fiber: 2.8 g,

Fat: 2.5 g

Carbs: 24.5 g

Protein: 6.3 g.

Fried Artichoke Hearts

Preparation Time: 10 Minutes

Cooking Time: 8 Minutes

Servings: 6

Ingredients:

14 water-packed artichoke hearts

1/2 cup all-purpose flour

1/4 teaspoon baking powder

Salt, to taste

6 tablespoons water

6 tablespoons panko breadcrumbs

1/4 teaspoon dried basil

1/4 teaspoon dried oregano

1/4 teaspoon paprika

1/4 teaspoon granulated garlic

Directions:

Remove artichoke hearts from jar and lay them on a towel to dry.

Combine flour, baking powder, salt, and water in a shallow bowl. It should create a thick batter.

Combine the rest of your dry ingredients and mix well in a shallow bowl.

Dip the hearts in the batter allowing any extra to drip off.

Roll them in the breadcrumb mix.

Toss them in the air fryer and cook at 360°F for 8 minutes, flip once at the halfway point.

Nutrition:

Calories: 222

Fiber: 20.8 g

Fat: 0.8 g

Carbs: 49.1 g

Protein: 13.7 g.

Shrimp Muffins

Preparation Time: 10 minutes

Cooking Time: 26 minutes

Servings: 6

Ingredients:

Minced garlic clove, 1.

Black pepper.

Shredded mozzarella, 1 cup

Mayonnaise, 2 tbsps.

Parsley flakes, 1 tsp.

Cooking spray

Peeled, cooked and chopped shrimp, 8 oz.

Panko, 1 ½ cup

Peeled and halved spaghetti squash, 1.

Salt.

Directions:

Place squash halves in the air fryer.

Cook at 3500 F for 16 minutes. Cool and scrape flesh into a bowl.

Add mozzarella, mayo, shrimp, panko, parsley flakes, pepper and salt. Mix well.

Sprinkle cooking oil in the muffin tray then distribute squash and shrimp mixture in each cup.

Transfer to the air fryer to cook for 10 minutes at 3600 F.

Serve.

Nutrition:

Calories: 60

Carbs: 4g

Protein: 4g

Fat: 2g

Pumpkin Muffins

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 8

Ingredients:

Baking powder, $\frac{1}{2}$ tsp.

Flour, $\frac{1}{4}$ cup

Cinnamon powder, 1 tsp.

Pumpkin puree, $\frac{3}{4}$ cup

Egg, 1.

Sugar, $\frac{1}{2}$ cup

Flaxseed meal, 2 tbsps.

Baking powder, $\frac{1}{2}$ tsp.

Butter, $\frac{1}{4}$ cup

Ground nutmeg, $\frac{1}{2}$ tsp.

Directions:

Mix butter, pumpkin puree and egg in a bowl, and blend well.

Add cinnamon, nutmeg, baking powder, baking soda, sugar, flour and flaxseed meal.

Spoon this into a muffin pan.

Bake in the air fryer at 350 F for 15 minutes then serve.

Nutrition:

Calories: 50

Fat: 3g

Protein: 2g

Carbs: 2g

Salmon Party Patties

Preparation Time: 10 minutes

Cooking Time: 22 minutes

Servings: 4

Ingredients:

Breadcrumbs, 2 tbsps.

Chopped dill, 2 tbsps.

Black pepper.

Skinless and de-boned big salmon fillet, 1.

Cooking spray

Boiled, drained and mashed big potatoes, 3.

Chopped parsley, 2 tbsps.

Salt.

Egg, 1.

Directions:

Cook salmon in the air fryer basket at 3600 F for 10 minutes.

Transfer salmon to a cutting board. Cool, flake it and put it in a bowl.

Add breadcrumbs, egg, parsley, dill, salt, pepper and mashed potatoes. Mix and shape 8 patties.

Place salmon patties in the air fryer basket and spray with cooking oil.

Cook at 3600 F for 12 minutes. Flip once at the halfway mark.

Serve.

Nutrition:

Calories: 231

Fat: 3g

Carbs: 14g

Protein: 4g

Potato Fries

Preparation Time: 15 minutes

Cooking Time: 16 minutes

Servings: 2

Ingredients:

½ pound potatoes, peeled and cut into ½-inch thick sticks lengthwise

1 tablespoon olive oil

Salt and ground black pepper, as required

Directions:

In a large bowl, add all the ingredients and toss to coat well.

Arrange the potato sticks onto a cooking tray.

Arrange the drip pan in the bottom of Instant Vortex Plus Air Fryer Oven cooking chamber.

Select “Air Fry” and then adjust the temperature to 400 degrees F.

Set the timer for 16 minutes and press the “Start”.

When the display shows “Add Food” insert the cooking tray in the center position.

When the display shows “Turn Food” turn the potato sticks.

When cooking time is complete, remove the tray from Vortex and serve warm.

Nutrition:

Calories 138

Total Fat 7.1 g

Saturated Fat 1 g

Cholesterol 0 mg

Sodium 84 mg

Total Carbs 17.8 g

Fiber 2.7 g

Sugar 1.3 g

Protein 1.9 g

Onion Rings

Preparation Time: 15 minutes

Cooking Time: 8 minutes

Servings: 4

Ingredients:

1 large onion, cut into ½-inch thick rings

3 tablespoons coconut flour

Salt, as required

2 large eggs

2/3 cup pork rinds

3 tablespoons blanched almond flour

½ teaspoon paprika

½ teaspoon garlic powder

Directions:

In a shallow dish, mix together the coconut flour and salt.

In a second shallow dish, add the eggs and beat lightly.

In a third shallow dish, mix together the pork rinds, almond flour and spices.

Coat the onion rings with flour mixture, then dip into egg whites and finally coat with the pork rind mixture.

Arrange the coated onion rings onto 2 lightly greased cooking trays in a single layer.

Arrange the drip pan in the bottom of Instant Vortex Plus Air Fryer Oven cooking chamber.

Select "Air Fry" and then adjust the temperature to 400 degrees F.

Set the timer for 8 minutes and press the "Start".

When the display shows "Add Food" insert 1 tray in the top position and another in the bottom position.

When the display shows "Turn Food" do not turn the food but switch the position of cooking trays.

When cooking time is complete, remove the trays from Vortex and serve hot.

Nutrition:

Calories 180

Total Fat 10.2 g

Saturated Fat 3.2 g

Cholesterol 111 mg

Sodium 323 mg

Total Carbs 9 g

Fiber 3.7 g

Sugar 1.9 g

Protein 13.7 g

Bacon-Wrapped Hot Dogs

Preparation Time: 15 minutes

Cooking Time: 20 minutes

Servings: 4

Ingredients:

4 strips thick-cut bacon

4 beef hot dogs

4 hot dog buns, slightly toasted

Directions:

Cover 1 piece of bacon around each beef hot dog, allowing the bacon's edges to overlap slightly. Set aside.

Select "Broil" on the Air Fryer Oven, set time to 20 minutes.

Line the food tray with foil, then set the wire rack on top of the food tray.

Place the bacon-wrapped hot dogs on the wire rack, then insert the rack and food tray at the top position in the preheated air fryer oven.

Flip the hot dogs halfway through cooking.

Remove and place each hot dog in a hot dog bun. Serve with your choice of toppings.

Nutrition:

Calories 265

Fat 13g

Carbs 24g

Protein 13g

Chapter 5: Desserts

Roasted Pineapples with Vanilla Zest

Preparation Time: 5 minutes

Cooking Time: 8 minutes

Servings: 4

Ingredients:

2 anise stars

¼ c. orange juice

1 tsp. lime juice

1 vanilla pod

2 tbsps. caster sugar

¼ c. pineapple juice

1 lb. pineapple slices

Directions:

Preheat Air Fryer to a temperature of 350°F (180°C).

Take a baking pan that can fit into Air Fryer basket.

Now add pineapple juice, sugar, orange juice, anise stars, and vanilla pod into a pan and mix well.

Place in pineapple slices evenly and transfer pan into Air Fryer basket.

Cook for 8 minutes.

Serve!

Nutrition:

Calories: 90

Protein: 0.79 g

Fat: 0.17 g

Carbs: 23.22 g

Fresh Cherry Crumble

Preparation Time: 40 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

3 cups pitted cherries

1/3 cup butter

10 tbsp. white sugar

2 tsp. lemon juice

1 tsp. vanilla powder

1 tsp. ground nutmeg

1 tsp. ground cinnamon

1 cup gluten-free all-purpose baking flour

Directions:

Cube butter and put in freezer until it becomes firm, about 15 minutes. Preheat air fryer toaster oven to 325 degrees F (165 degrees C).

Add pitted cherries, 2 tbsp. sugar, and lemon juice in a bowl and mix them well. Pour down cherry mixture into baking dish.

Add flour and 6 tbsp. of sugar in a bowl. Slice in butter using fingers until particles become the size of pea. Distribute them over the cherries and press down lightly.

Stir 2 tbsp. sugar, vanilla powder, nutmeg, and cinnamon together in a clean bowl. Spritz the sugar topping over the cherries and flour.

Bake it in the preheated air fryer toaster oven. Check them at 25 minutes and if not yet browned, carry on cooking and checking at 5-minute intervals until lightly browned.

Close drawer and turn off air fryer toaster oven.

Leave the crumble inside for 10 minutes. Remove and allow it to cool slightly for about 5 minutes.

Nutrition:

Calories: 459

Fat: 18g

Protein: 5g

Carbs: 76g

Fiber: 1g

Pineapple Yogurt Sticks

Preparation Time: 10 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

Pineapple (half of 1)

Desiccated coconut (.25 cup)

The Dip:

Fresh mint (1 small sprig)

Vanilla yogurt (1 cup)

Directions:

Warm the Air Fryer to reach 392° Fahrenheit.

Slice the pineapple into stick segments. Dip the chunks of pineapple into the coconut. Arrange the sticks of pineapple into the cooker basket and air-fry for ten minutes.

Dice the mint into fine pieces and mix in with the yogurt.
Empty the dip into a serving dish. Arrange the baked sticks around the dip to serve.

Nutrition:

Calories: 174

Fat: 1.2g

Fiber: 11.1g

Carbs: 3.4g

Protein: 1.1g

Funnel Cake Nibblers

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

Greek yogurt (1 cup)

Self-rising flour (1 cup - divided)

For Dusting: Powdered sugar

Optional: Vanilla bean paste (1 tbsp.)

Directions:

Heat the Air Fryer at 375° Fahrenheit.

Combine the yogurt, $\frac{3}{4}$ of the flour, and vanilla if using.

Roll out the dough using the remainder of the flour.

Slice it into 32 squares and place in the Air Fryer (8 at a time).

Set the timer for 4 minutes. Flip then over and continue to air-fry for another 3 to 4 minutes until ready.

Lightly dust with the sugar as desired and serve.

Nutrition:

Calories: 159

Fat: 2.8g

Fiber: 1.5g

Carbs: 10.8g

Protein: 1.9 g

Banana Smores

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

Bananas (4)

Mini-peanut butter chips (3 tbsp.)

Graham cracker cereal (3 tbsp.)

Mini-chocolate chips - semi-sweet (3 tbsp.)

Directions:

Heat the Air Fryer in advance at 400° Fahrenheit.

Slice the un-peeled bananas lengthwise along the inside of the curve. Don't slice through the bottom of the peel. Open slightly - forming a pocket.

Fill each pocket with chocolate chips, peanut butter chips, and marshmallows. Poke the cereal into the filling.

Arrange the stuffed bananas in the fryer basket, keeping them upright with the filling facing up.

Air-fry until the peel has blackened, and the chocolate and marshmallows have toasted (6 minutes).

Chill for 1-2 minutes. Spoon out the filling to serve.

Nutrition:

Calories: 169

Fat: 1.9g

Fiber: 4.1g

Carbs: 11.2g

Protein: 1.5 g

Vanilla Almond Cinnamon Mug Cake

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 1

Ingredients:

One scoop vanilla protein powder

1/2 tsp baking powder

1/4 tsp vanilla

1/4 cup unsweetened almond milk

1/2 tsp cinnamon

1 tsp Swerve

1 tbsp almond flour

Directions:

Add protein powder, cinnamon, almond flour, sweetener, and baking powder into the mug and mix well.

Add vanilla and milk and stir well.

Place the mug in the air fryer basket and cook at 390 F for 10 minutes

Serve and enjoy.

Nutrition:

Calories 174

Fat 4.5 g

Carbohydrates 6.7 g

Fiber 0.7 g

Protein 28.8 g

Glazed Strawberries

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 2

Ingredients:

1 tbsp honey

1 tsp lemon zest

1-lb large strawberries

3 tbsp melted butter

Lemon wedges

Pinch kosher salt

Directions:

Thread strawberries in 4 skewers.

In a small bowl, mix well remaining Ingredients: except for lemon wedges. Brush all over strawberries.

Place skewer on air fryer skewer rack.

For 10 minutes, cook on 360oF. Halfway through cooking time, brush with honey mixture and turnover skewer.

Serve and enjoy with a squeeze of lemon.

Nutrition:

Calories: 87

Fat: 1.2g

Fiber: 3.1g

Carbs: 1.7g

Protein: 0.5 g

Strawberry Shortcake

Preparation Time: 30 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

¼ teaspoon liquid stevia

¼ teaspoon salt

½ cup butter

½ teaspoon baking powder

1 cup strawberries, halved

1 teaspoon vanilla extract

1/3 cup sugar

2/3 cup almond flour

3 large eggs, beaten

Directions:

Preheat the air fryer for 5 minutes.

In a mixing bowl, combine all ingredients except for the strawberries.

Use a hand mixer to mix everything.

Pour into greased mugs.

Top with sliced strawberries

Place the mugs in the fryer basket.

Bake for 25 minutes at 3500F.

Place in the fridge to chill before serving.

Nutrition:

Calories: 256

Fat: 3.5g

Fiber: 7.1g

Carbs: 15.7g

Protein: 1.5g

Rutabaga Fries

Preparation Time: 5 minutes

Cooking Time: 14 minutes

Servings: 2

Ingredients:

1 kg Rutabaga

1 Tbsp Extra Virgin Olive Oil

2 Tsp Thyme

Salt & Pepper

Directions:

Peel rutabaga, then use a heavy-duty knife to slice your rutabaga into fries.

Place slices into a mixing bowl along with the rest of the ingredients and mix with your hands

Cook at 320F for 15 minutes. Shake and cook again for 5 minutes at 360F.

Serve with your favorite sauce.

Nutrition:

Calories 238

Fat 6g

Protein 1g

Sugar 4g

Soft Chocolate Brownies

Preparation Time: 5 minutes

Cooking Time: 14 minutes

Servings: 2

Ingredients:

2 tsp. vanilla essence

12g caster sugar

100g Self Raising flour

2 tablespoons water

2 medium eggs (beaten)

142ml milk

175g brown sugar

50g chocolate

125g butter

Directions:

Preheat air fryer oven to 180C.

Dissolve the butter plus chocolate in a bowl above pan over medium heat. Add brown sugar, medium egg, and vanilla essence then add self-rising flour and mix properly

Pour mixture into a greased dish that can be contained in air fryer oven

Cook in air fryer oven at 180C for 15 minutes

While the brownie is cooking, mix caster sugar and water in a pan over medium heat until sugar is melted.

Turn up the heat and cook for 3 minutes until color turns light brown then take off and rest for 2 minutes

Add butter to sugar liquid until melted and slowly add the milk. Set aside to cool

When brownies are ready, chop into squares, place on the plate alongside sliced bananas, and cover with caramel sauce. Serve

Nutrition:

Calories 238

Fat 6g

Protein 1g

Carbs 0g

Sugar 4g

Chocolate Eclairs

Preparation Time: 5 minutes

Cooking Time: 35 minutes

Servings: 6

Ingredients:

Éclair dough

150ml water

50g butter

3 medium eggs

100g plain flour

Cream filling

1 tsp icing sugar

1 tsp. vanilla essence

150ml whipped cream

Chocolate topping

25g butter

1 tablespoon whipped cream

50g milk chocolate (chopped into chunks)

Directions:

Preheat air fryer oven to 180C.

Place fat in water and heat over medium heat. Remove from heat and stir in flour then return to heat and stir until it forms a medium ball in the middle of the pan

Transfer to plate to cool then beat in eggs until mixture is smooth then make into éclair shapes

Place in air fryer oven and cook at 180C for 10 minutes then at 160C for 8 minutes

While the dough is cooking, mix vanilla essence with whipped cream and icing sugar until nice and thick

While eclairs are ready and cooling, make the chocolate topping by placing milk chocolate, butter, and whipped cream in a glass bowl. Put the bowl over a skillet of hot water, then mix well until chocolate melts

Cover éclairs with melted chocolate and serve

Nutrition:

Calories 471

Fat 24g

Protein 4.1g

Carbs 0g

Sugar 6g

Vanilla Souffle

Preparation Time: 5 minutes

Cooking Time: 5 minutes

Servings: 16

Ingredients:

¼ cup All-Purpose Flour

¼ cup Butter (softened)

1 cup Whole Milk

¼ cup Sugar

4 Egg Yolks

2 tsp Vanilla Extract

1 Vanilla Bean

5 Egg Whites

1 oz Sugar

1 tsp Cream of Tartar

Directions:

Mix the flour and butter to smooth paste.

Heat milk and dissolve the sugar in a pan and bring to a boil.

Add the flour and butter mixture to the boiling milk, whisk hard to ensure smoothness.

Simmer for several minutes until the mix thickens, then cool in an ice bath for 10 minutes

Take 6 3-ounce soufflé dishes, coat with butter and sugar (not mixed with the ingredients).

In another mixing bowl, quickly beat the egg yolks and vanilla extract and add to the cooling milk mixture.

Beat the egg whites, sugar, and cream of tartar until the egg whites form medium-stiff peaks.

Mix the egg whites into the soufflé base, then pour into the prepared baking dishes.

Preheat the Air fryer oven to 320°F, place 3 souffle dishes and cook for 12-15 minutes.

Serve with a sprinkle of powdered sugar.

Nutrition:

Calories 303

Fat 3g

Carbs 0g

Protein 0.5g

Sugar 4g

Coconut Raspberry Cupcakes

Preparation Time: 20 minutes

Cooking Time: 30 minutes

Servings: 6

Ingredients:

½ cup butter

½ teaspoon salt

¾ cup sugar

1 cup almond milk, unsweetened

1 cup coconut flour

1 tablespoon baking powder

3 teaspoons vanilla extract

7 large eggs, beaten

Directions:

Preheat the air fryer for 5 minutes.

Mix all ingredients using a hand mixer.

Pour into hard cupcake molds.

Place in the air fryer basket.

Bake for 30 minutes at 350°F or until a toothpick inserted in the middle comes out clean.

Bake by batches if possible.

Allow to chill before serving.

Nutrition:

Calories: 261

Fat: 4.9g

Fiber: 3.1g

Carbs: 27.4g

Protein: 1.9g

Leche Flan

Preparation Time: 15 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

1 cup heavy cream

1 teaspoon vanilla extract

1/2 (14 ounce) can sweetened condensed milk

1/2 cup milk

2-1/2 eggs

1/3 cup white sugar

Directions:

In blender, blend well vanilla, eggs, milk, cream, and condensed milk.

Lightly grease baking pan of air fryer with cooking spray. Add sugar and heat for 10 minutes at 370oF until melted and caramelized. Lower heat to 300oF and continue melting and swirling.

Pour milk mixture into caramelized sugar. Cover pan with foil.

Cook for 20 minutes at 330oF.

Let it cool completely in the fridge.

Place a plate on top of pan and invert pan to easily remove flan.

Serve and enjoy.

Nutrition:

Calories: 261

Fat: 3.8g

Fiber: 1.1g

Carbs: 13.7g

Protein: 1.4 g

Choco Chip Cookies

Preparation Time: 15 minutes

Cooking Time: 7 minutes

Servings: 14-20

Ingredients:

2/3 cup + 1/2 cup oat flour

1/4 tsp. salt

4 tbsp. coconut sugar

1/2 tsp. baking soda

1/3 cup chocolate chips

4 tbsp. regular sugar

1/3 cup chopped nuts

2 tbsp. vegetable oil

1 tsp pure vanilla extract

3-5 tbsp. milk of choice

Directions:

Preheat air fryer toaster oven to 380 degrees. Add dry ingredients and mix very well. Put wet, and form into a big ball. Make little balls from the big one. For the soft cookies, refrigerate until cold. Bake it 7 minutes.

Take them out from oven when they are still a little undercooked, then it's important to let it cool 10 minutes before removing from the tray because they will continue to cook while cooling.

They should have spread out, but every now and then they might, so just smash down with a spoon if required.

Store them in a lidded plastic container for soft cookies.

Store them in a lidded glass container, for crispier cookies.

Nutrition:

Calories: 70

Fat: 4.5g

Protein: 1g

Carbs: 10g

Fiber: 1g

Peppermint Lava Cake

Preparation Time: 15 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

2 large eggs

2/3 cups semisweet chocolate chips

1 tsp. peppermint extract

½ cup cubed butter

6 tablespoons all-purpose flour

2 large egg yolks

2 tablespoons crushed peppermint candies (optional)

1 cup confectioners' sugar

Directions:

Preheat air fryer oven to 375F.

Dissolve the butter and chocolate chips in a safe microwave bowl for 30 seconds and stir until smooth. Whisk in eggs, egg yolks, confectioners' sugars and extract until blended. Fold in flour

Grease and flour ramekins, pour batter into ramekins but avoid overfilling it

Place ramekins in the air fryer oven basket and cook for 10 to 15 minutes until a thermometer reads 160F.

Remove, then allow it to sit for 5 minutes, sprinkle with crush candies and enjoy.

Nutrition:

Calories 367

Fat 19.2 g
Carbs 53.6 g
Fiber 2.7 g
Sugar 37.8 g
Protein 6.4 g

Molten Lava Cake

Preparation Time: 10 minutes

Cooking Time: 10 minutes

Servings: 4

Ingredients:

1.5 tbsp self-rising flour
3.5 tbsp baker's sugar
3.5 oz unsalted butter
3.5 oz dark chocolate, chopped
2 eggs

Directions:

Preheat Your Air fryer oven to 375F, Grease, and flour 4 standard oven-safe ramekins.

Dissolve the dark chocolate plus butter in a safe microwave bowl for 3 minutes, stirring throughout.

Whisk the eggs plus sugar until pale.

Put the melted chocolate mixture into the egg mixture. Stir in flour and combine

Fill up the ramekins about 3/4 full with mixture and bake in a preheated air fryer oven at 375F for 10 minutes.

Remove and allow cool in a ramekin for 2 minutes. Enjoy with a raspberry drizzle.

Nutrition:

Calories 70

Fat 0.2 g

Carbs 18 g

Fiber 1.6 g

Sugar 11.2 g

Protein 0.6 g

Choco Chunk Brownies

Preparation Time: 10 minutes

Cooking Time: 20 minutes

Servings: 16

Ingredients:

1 tbsp. melted butter

2 large egg whites

1 tsp. Vanilla Extract

1/4 tsp. salt

1/4 cup Greek yogurt

6 tbsp. milk

1/2 cup coconut sugar

3/4 cup whole wheat

1/4 tsp. baking powder

3/4 cup coco powder

3 tbsp. chopped dark chocolate

Directions:

Preheat the air fryer toaster oven to 300°F, and lightly coat an 8-inch-square baking pan with cooking oil spray. In a

bowl, mix together the butter, egg whites, vanilla, and salt. Mix in the Greek yogurt, mixing until unless no large lumps remain.

Mix in the coconut sugar. Mix in the milk. Put in the cocoa powder and baking powder, stirring just until well incorporated.

Mix in the flour until about to incorporate. Fold in 2 ½ tbsp. of the chopped dark chocolate.

Spread the batter into the prepared pan and press the chopped dark chocolate into the top. Bake at 300°F for 15 to 19 minutes.

Cool it completely to room temperature in the pan, and let the brownies sit for minimum 6 hours at room temperature for the fudgiest texture before serving.

Nutrition:

Calories: 76

Fat: 2.5g

Protein: 2.4g

Carbs: 14g

Fiber: 2g

Superfood Choco Bark

Preparation Time: 15 minutes

Cooking Time: 10 minutes

Servings: 15-20

Ingredients:

2 cups dark chocolate

1 tsp hemp seeds

1/4 cup roasted hazelnuts

1 tsp chia seeds

1 tbsp. pumpkin seeds

1 tbsp. goji berries

Directions:

Put the chocolate chips into a bowl and fill a small pot halfway with water and bring it to a boil. Lower down the heat to medium and put the bowl on top of the pot of water.

Use a spatula and mix the chocolate every minute or so until unless completely melted. Remove it from heat. Line down a pan with parchment paper and put the melted chocolate into the air fryer toaster tray.

Use the spatula to spread the chocolate into a big rectangle and put in air fryer toaster oven for 30 seconds to give them heat a bit.

Spritz the hazelnuts, goji berries, pumpkin seeds, hemp seeds, and chia seeds on top. Put in the fridge to cool it for 30 minutes.

Using a knife and cut the bark into pieces. Store them in an airtight container.

Nutrition:

Calories: 229

Fat: 16g

Protein: 4g

Carbs: 18g

Fiber: 4g

Blackberry Cream Cheese Mousse

Preparation Time: 15 minutes

Cooking Time: 6 minutes

Servings: 4

Ingredients:

1 teaspoon vanilla extract

½ cup cream cheese

½ cup almond milk

¼ cup blackberries

2 teaspoon stevia extract

2 tablespoon butter

¼ teaspoon cinnamon

Directions:

Preheat the air fryer to 320 F .

Combine butter, vanilla extract, and almond milk and transfer the mixture to the air fryer.

Cook the mixture for 6 minutes or well combined.

Then stir it carefully and chill to room temperature.

Crush the blackberries.

Whisk the cream cheese using a hand whisker for 2 minutes.

Add the crushed blackberries and whisk for 1 minute more.

Add cinnamon and stevia extract.

Stir gently.

Combine the almond butter liquid and cream cheese mixture together.

Mix using a hand mixer.

When well mixed pour into a glass vessel.

Place it in the fridge and cool.

Nutrition:

Calories: 286

Fat: 9.5g

Fiber: 1.9g

Carbs: 12.7g

Protein: 1.7g

Hazelnut Spread

Preparation Time: 10 minutes

Cooking Time: 6 minutes

Servings: 4

Ingredients:

1 oz. dark chocolate

3 oz. hazelnuts, crushed

4 tablespoon butter

¼ cup almond milk

½ teaspoon vanilla extract

1 teaspoon stevia

Directions:

Preheat the air fryer to 360 F.

Put the dark chocolate, crushed hazelnuts, butter, almond milk, vanilla extract, and stevia in the air fryer basket.

Mix well and cook for 2 minutes.

Mix again with a hand mixer.

Cook the mixture for 1 minute.

Stir the mixture again and pour it into a glass vessel.

Put the mixture in the fridge and let it cool until it is solid.

Nutrition:

Calories: 98

Fat: 1.8g

Fiber: 0.4g

Carbs: 2.7g

Protein: 0.8 g

Spanish King's Cake

Preparation Time: 10-20 minutes

Cooking Time: 30-45 minutes

Servings: 4

Ingredients:

2 puff pastries

100g almond flour

1 egg

75g of sugar

50g butter

1 vial of almond aroma

1 porcelain bean

Directions:

First, prepare the filling: In a bowl mix the flour, egg, sugar, butter at room temperature and almond extract. Stretch a puff pastry with the baking paper inside the basket. Prick with a fork and spread the filling well. Place the bean inside, choosing an external position for the cake.

Cover with the second roll of puff pastry and weld the edges well. Brush the surface with an egg yolk diluted with milk and decorate with small incisions. Set the temperature to

1800C. Bake the pie for 25 minutes Turn the baking paper half a turn and cook for another 10 minutes. Tradition says that the person who finds the hidden bean becomes the "king" of the day.

Nutrition:

Calories: 1426

Fat: 10.54g

Carb: 56.54g

Fiber: 23.51g

Protein: 6.58g

Coconut Donuts

Preparation Time: 5 minutes

Cooking Time: 15 minutes

Servings: 4

Ingredients:

8 ounces coconut flour

1 egg, whisked

2 and ½ tablespoons butter, melted

4 ounces coconut milk

1 teaspoon baking powder

Directions:

In a bowl, put all of the ingredients and mix well.

Shape donuts from this mix, place them in your air fryer's basket and cook at 370 degrees F for 15 minutes.

Serve warm.

Nutrition:

Calories: 111

Fat: 1.4g

Fiber: 3.1g

Carbs: 5.8g

Protein: 2.1g

Mandarin Orange Pudding

Preparation Time: 10 minutes

Cooking Time: 40 minutes

Servings: 4

Ingredients:

1 mandarin

Juice from 2 mandarins

2 tbsp. brown sugar

4 oz. butter

2 eggs

$\frac{3}{4}$ cup sugar

$\frac{3}{4}$ cup white flour

$\frac{3}{4}$ cup almonds

Honey for serving

Directions:

Smear a loaf pan with butter, spray brown sugar on the bottom and assemble mandarin slices.

Mix in butter with egg, sugar, almonds, mandarin juice and flour, turn, spread mix over mandarin slices, put pan in air fryer and cook at 360°F for 40 minutes.

Place pudding on plate.

Serve with honey over.

Nutrition:

Calories: 254

Fat: 2.3g

Fiber: 1.6g

Carbs: 10.5g

Protein: 1.2 g

Maple Cupcakes

Preparation Time: 30 minutes

Cooking Time: 20 minutes

Servings: 12

Ingredients:

4 tbsp. butter

4 eggs

½ cup pure applesauce

2 tbsp. cinnamon powder

1 tbsp. vanilla extract

½ apple

4 tbsp. maple syrup

¾ cup white flour

½ tbsp. baking powder

Directions:

Warm pan with the butter over medium heat, put vanilla, apple sauce, eggs and maple syrup, stir, remove heat. Allow to cool.

Put cinnamon, flour, baking powder and apples, beat, put in a cupcake pan, get in air fryer at 350°F and roast for 20 minutes.

Allow cupcakes to cool, put on a platter.

Serve.

Nutrition:

Calories: 174

Fat: 2.6g

Fiber: 1.9g

Carbs: 15.7g

Protein: 1.4 g

Frozen Treats

Preparation Time: 10-20

Cooking Time: 15-30 minutes

Servings: 8

Ingredients:

14 frozen pieces

Directions:

Place the handles, placing them on the parchment paper and place them on the basket.

Set the temperature to 1500C.

Cook everything for 25 min.

Nutrition:

Calories 111

Fat 20 g

Carbohydrates 21 g

Sugars 45g

Protein 7g

Cholesterol 0mg

Conclusion

Now that you reached the end of this book, those recipes will give you different vibes and make you feel like an expert chef by using your Air Fryer. Try the recipes in this book and give yourself and your family something to look forward to even on weekdays.

The Air Fryer has eight smart programs that give different cooking modes to the users, which are as follow:

Air Fry: using this program, to cook oil-free, crispy food, whether it's coated meat or fries, everything can be fried in its Air fryer basket.

Toast: the temp/time dial used to set the temperature and cooking time can be used to select the bread slices and their brownness when they need to be toasted using the Toast cooking program of the Instant Air Fryer toaster oven.

Bake: it is used to bake cakes, brownies, or bread in a quick time.

Broil: the broiler's settings provide direct top-down heat to crisp meat, melt cheese, and caramelizes the vegetables and fruits. It has the default highest temperature, which is 450 degrees F.

Roast: this cooking program is suitable for roasting meats and vegetables.

Slow Cooker: The Slow Cook program lets you adjust greater cooking time and lowest temperatures based on the requirements.

Reheat: using this mode, the users can warm up leftover food without overcooking the food.

Dehydrate: low-temperature heat is regulated to effectively remove moisture from foods, thus giving perfect crispy

veggie chips, jerky, and dehydrated fruits.

For a longer usage or its span, always remember that the Air Fryer must be cleaned after every cooking session like any other cooking appliance. It is important to keep the inside of the oven germs free all the time. The food particles that are stuck at the base or on the oven's walls should be cleaned after every session using the following steps:

Unplug the Air Fryer and allow it to cool down completely. Keep the door open while it cools down. Remove all the trays, dripping pan, the steel racks, and other accessories from inside the oven.

Place the removable parts of the oven in the dishwasher and wash them thoroughly. Once these accessories are washed, all of them dry out completely. Meanwhile, take a clean and slightly damp cloth to clean the inside of the oven.

Wipe all the internal walls of the oven using this cloth. Be gentle while you do the wiping. Use another cloth to clean the exterior of the appliance. Wipe off all the surfaces. Now that everything is clean, you can place the steel racks and dripping pan back to their position for the next cooking session.

For cleaning, do not immerse your appliance in the water directly. To clean the power plug, use a dry piece of cloth to remove the dirt.

Using this amazing air fryer can also help you prepare great taste foods savoring its great crunchy and juicy taste. Using an air fryer is certainly going to help you to create better and healthier dishes. Enjoy cooking!

That's it! Thank you!